An Environmental Scan of Programs that Address Domestic and Sexual Violence: What's Working in Alberta?

April 2005

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Leslie Tutty, Ph.D., RSW
Academic Research Co-ordinator, RESOLVE Alberta
Faculty of Social Work

and

Janie Christensen, MSW, Research Associate,
RESOLVE Alberta
University of Calgary

RESOLVE Alberta
PF 3239
University of Calgary
2500 University Dr. N.W. Calgary, AB T2N 1N4
Email: **resolve@ucalgary.ca**

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1.0 Introduction to the Environmental Scan

The purpose of conducting this environmental scan was to identify specialized education/training needs and services that address domestic and sexual violence across the province of Alberta. The research was conducted by RESOLVE Alberta in association with Jan Reimer of the Alberta Council of Women's Shelters and was funded by the Alberta Ministry of Children's Services.

The study identifies perspectives regarding the services available in Alberta communities for those impacted by domestic violence (victims, perpetrators and those exposed). The project goal is to ensure that the delivery of family violence/sexual assault services is relevant and responsive to the needs of Albertans affected by domestic abuse. However., while programs to serve those affected by sexual violence are included in the program listing at the end of the report., the analysis of the strengths, challenges and gaps in offering these services in Alberta is described in a companion report: *Environmental Scan of Alberta Services to Address Sexual Assault and Sexual Abuse: Final Report* (Tutty, Jesso, McDonald & Smit-Provost, 2005).

The following report documents the overview analysis of the responses to the environmental scan/survey from shelters (and their associated services) and specialized domestic violence counselling services in Alberta. Forty shelter directors were interviewed in the winter/spring of 2004 (see Appendix I for Interview Schedule). The directors were asked a series of questions regarding their services, and the needs of the communities and regions in which they offer services. Some questions were with respect to shelter-offered services, for example whether group programming was available for residents or for abused women in the community, court preparation, or public education. The shelter directors were asked to identify additional programming in their community or region.

In addition, we have interviewed representatives from 24 Alberta agencies that offer primarily domestic violence-specific counselling programs. Similar to the shelter directors, these respondents were asked to describe their programs and the strengths, challenges and gaps of offering domestic violence services in their communities. Although we have almost completed these interviews, we continue to hear about additional programs that we will pursue to include in the final set of data. For example, we have not yet interviewed representatives from violence prevention programs and have talked to only one respondent from a community coordinating bodies.

The analysis for the environmental scan focuses on the three key questions: what are the strengths, challenges and gaps experienced in providing services to address those impacted by intimate partner violence in their community/region. Note that, since the interview questions were open-ended, we document only the comments about strengths and issues that were mentioned. The fact that respondents did not mention some of the factors listed below does not mean that the strengths, gaps and issues are not applicable, simply that they were not high priority in comparison to what was noted. Because of the unique nature of communities under consideration, in this report we grouped the shelters and domestic violence agencies/programs into three categories: large urban communities, middle-sized urban communities, and small rural/remote communities.

The programs themselves are listed in two appendices: Appendix III lists the programs by focus and populations served, Appendix IV lists the programs by Alberta Region. This last listing provides more information about the services offered and contact information.

The current chapter introduces current research about the serious nature of domestic and sexual violence including the abuse of women and men intimate partners, and the children that may e exposed to this violence, sexual assault and sexual abuse.

1.1 Women Abused by Intimate Partners

That domestic abuse is serious and costly to all members of families with an abusive member, but in particular to the victims, has become acknowledged over the past thirty years. How often it occurs varies according to different surveys. Canada's 1999 General Social Survey conducted by Statistics Canada (2000) concluded that seven percent of individuals in married or common-law relationships had experienced some form of violence by their intimate partner in the past five years. The rates of violence were similar for women (8 percent) and men (7 percent): about 690,000 Canadian women and 549,000 men.

However, in addition to collecting data about the type and number of violent acts, this national study added important questions about the context and consequences of the violence. (Johnson & Pottie Bunge, 2001). These results clarify that abuse against women by male partners is more often repetitive and life threatening: women were three times more likely to be injured and twice as likely to experience chronic, ongoing assaults (more than 10 incidents); disclosed more serious emotional consequences including depression, anxiety attaches, sleeping problems and lowered self-esteem; were afraid of their partners for their lives to a significantly greater extent (38% of women compared to 7% of men). Similar differences in the abusive behaviours of men and women were found in Melton and Belknap's 2003 study of a large sample of domestic violence cases in the U.S.

To further explore the rates of abuse against women, another national study, the 1993 Violence Against Women Survey (VAWS) that focused solely on women and looked at sexual as well as intimate partner violence, estimated that "three-in-ten women currently or previously married in Canada have experienced at least one incident of physical or sexual violence at the hands of a marital partner" (Rodgers, 1994, p. 1). These differences in estimates of how often abuse occurs is because of the way that violence is defined, for example, whether emotional abuse is included in addition to physical assaults. Nevertheless whether one concludes that seven percent or that thirty percent of Canadian women have experienced violence from intimate partners' remains of serious concern.

In 1993, the VAWS indicated that Alberta had one of the highest lifetime rates of assault against women. Although the rates of spousal assault appear to be declining since then, Alberta's rate remains high compared to the rest of Canada: 11 percent compared to eight percent (Statistics Canada, 1999).

The consequences of intimate partner abuse against women are well documented. In addition to injuries and serious emotional costs, some abused women are murdered by their partners. Again, Alberta reportedly has one of the highest rates of domestic homicide in the country:

"Between 1974 and 2000, an average of 10 women and three men were murdered each year by their spouses (Statistics Canada, 1999, cited in Alberta Roundtable on Family Violence and Bullying, 2004).

1.2 Men Abused by Intimate Partners

As previously noted, some men are abused by women partners: according to many studies including the 1999 General Social Survey on Victimization (Statistics Canada, 2000), to a similar degree (Tutty, 1999a). "Husband abuse," as it was originally termed, remains contentious. It has not received the same high profile media coverage, nor have shelters or treatment groups for men victims proliferated in the same way as they have for women. Some men's advocacy groups declare this to be a serious bias.

While research has extensively documented the effects on women of having been abused by male partners including depression, trauma and anxiety, we know little about the effects of abusive behaviour by women on their male intimate partners. In recent Canadian research by Grandin, Lupri and Brinkerhoff (1997), both men and women who are either psychologically or physically abused in their couple relationship reported emotional distress. Interestingly, couples who were mutually violent reported levels of anxiety and depression that were higher than men and women who were only victims of violence.

There has, admittedly, been relatively little research on the experiences and consequences for men abused by partners (Tutty, 1999a), a gap that needs to be addressed. The debate about whether men are equally abused as women is perhaps the most contentious in the field of intimate partner violence (Osthoff, 2002; Saunders, 2002; Sarantokos, 2004; Tutty, 1999).

1.3 Intimate Partner Abuse in Lesbian and Gay Couples

Although much of the literature addresses abuse in heterosexual couples, violence among lesbian and gay male-relationships occurs relatively often, according to a recent U.S. National Violence Against Women Survey (Tjaden, Thoennes, & Allison, 1999). Abuse in lesbian couples generally takes similar forms as in heterosexual couples: physical, psychological and sexual violence. Power, control and autonomy issues also play a part in similar ways to the dynamics of abuse in male-female relationships (Ristock, 2002; West, 1998).

1.4 Children Exposed to Domestic Abuse

The impact of being exposed to intimate partner violence on children has been of concern for a considerable time (Hughes, 1988). Children that have witnessed violence between their parents are at high risk for developing behavioural problems including either aggression or withdrawal (Jaffe, et al., 1990; Moore, Peplar, Mae & Kates, 1989), commonly exhibiting heightened anxiety, depression, low self-esteem, problems at school, self-abuse, aggressiveness, dependency, somatic difficulties, and poor sleep habits. If these child witnesses have themselves been abused, they are significantly more likely to show more serious symptoms (Hughes, 1988).

Recent research has also identified such reactions as being a result of trauma, similar to the PTSD conceptualization of women's stress. Kilpatrick and Williams (1998), for example, studied children between the ages of 6 and 12 to determine the presence of PTSD in child witnesses of

violence as well as non-witnesses. All but one of the children exhibited symptoms of PTSD ranging from mild to severe.

A recent meta-analysis conducted by Wolfe, Crooks, Lee, McIntyre-Smith and Jaffe (2003), summarized that 40 of 41 studies reported negative impacts of witnessing abuse and that the effects of witnessing violence can be similar to being abused oneself. Another meta-analysis by Kitzmann, Gaylord, Holt, and Kenny (2003) reported that 63% of children exposed to domestic violence were coping negatively compared to control groups of children not exposed to domestic violence. Clearly the consequences of the abuse of women by their intimate male partners extend beyond the bounds of the couple relationship.

1.5 Sexual Violence Against Children and Adults

The sexual assault of adults and the sexual abuse of children are also significant social problems in Canada. The 1993 VAWS estimated that 39% of adult Canadian women have experienced at least one incident of sexual assault since the age of sixteen. Alberta had the second highest rate of violence against women in Canada with 58% of adult Albertan women reporting at least one incident of physical or sexual violence since the age of sixteen.

Child sexual abuse occurs when an adult or youth uses a child for sexual purposes. Sexual abuse includes fondling, intercourse, incest, sodomy, exhibitionism, and commercial exploitation through prostitution or the production of pornographic materials. Child sexual abuse is a serious social problem that cuts across all income, racial, religious and ethnic groups, as well as rural, suburban and urban communities. Bagley and colleagues conducted several prevalence studies in Calgary in the early 1990's (Bagley, 1991; Bagley & Young, 1990) estimating that from one-fifth to one-third of Calgary women have been sexually abused at least once during childhood.

The most common child problems related to sexual abuse are depression or anxiety (29%), age-inappropriate sexual behaviour (17%), behaviour problems (14%), negative peer involvement (13%) and irregular school attendance (10%) at the time that the reports of child sexual abuse were substantiated. Such short term negative consequences of childhood sexual abuse, have been documented by numerous researchers (Daignault, Vézina, & Hébert, 2002; Hébert, Parent, Tremblay & Daignault, 2002). Finkelhor and Browne (1985) conceptualize the trauma as not only reflected in sexual distress, but in difficulties with trust, feelings of stigmatization, and powerlessness. Further, however, the negative effects often extend into adulthood (Bagley & Young, 1990; Westbury & Tutty, 1999).

Children with a physical or mental disability are especially vulnerable to sexual abuse (Hay, 1997). Boys and men who are sexually victimized report similar short- and long-term consequences to girls and women (Gill & Tutty, 1999; Sigmon, Greene, Rohan, & Nichols, 1996).

A history of child sexual abuse has been associated with adolescents who become sexually exploited through prostitution (Benoit & Millar, 2001; Lowman, 2000; McIntyre, 1999; 2002; Nixon, Tutty, Downe, Gorkoff & Ursel, 2002; Tutty & Nixon, 2003).

In summary, the costs of violence against Canadian women, men and children are enormous, not only in personal costs to well-being, self-esteem and safety, but monetarily as well. In 1995, Hankivsky and Greaves from the London Ontario Centre for Research on

Violence Against Women and Children, focusing on just three forms of violence against women and girls (child sexual assault, sexual assault of women and woman abuse in intimate partnerships), estimated an annual cost of $4.2 billion Canadian dollars for the social services/education, criminal justice, labour/employment and health/medical service systems to address such abuse.

2.0 Services to Address Domestic and Sexual Violence

This chapter reviews the major interventions designed to assist victims and prevent domestic violence and sexual abuse from occurring. This information sets the stage for describing the process of conducting the current environmental scan of services throughout the province of Alberta.

2.1 A Community Coordinated Approach to Domestic Violence

A common recommendation is that intervention to address domestic violence is situated within a community coordinated approach (Shepard & Pence, 1999). In part, this is because of the multiple systems involved in addressing both physical and sexual violence from the police and courts (whether specialized to address domestic violence or not), health, mental health, and child welfare (to name the most common). Each institution has a different mandate and without coordination, the safety of victims could be compromised by systems working at cross-purposes, even though well-intended.

Screening protocols are one example of a strategy often utilized in community coordinated approaches. Screening protocols for domestic violence have long been touted as an important aspect of a community co-ordinated response to domestic violence (Pence & McConnell, 1999). Weisz, Dolman and Bennett (1998) highlight the importance of developing protocols for a broad range of community agencies, not just one sector, such as justice or health. In Calgary, domestic violence protocols were developed with 64 agencies by the Calgary Domestic Violence Committee. An evaluation confirmed the utility of both the development process and training necessary to launch such protocols in mainstream (Thurston, Tutty& Eisener, 2003) and in immigrant serving agencies (Tutty, Thurston, Christensen & Eisener, 2004). Screening protocols have been more commonly utilized in health settings such as emergency rooms. At present, all five Calgary hospitals are using a universal screening protocol. The evaluation on the pilot project reported positive results (Thurston, Tutty & Eisener, 2004).

Other community coordination efforts include agreements to fast–track perpetrators of domestic abuse into treatment and to better provide support for victims, such as was negotiated within Calgary's Homefront specialized domestic violence docket court. Developing community coordinated approaches are not without challenges and the process takes time, but these are now seen as en essential components in appropriately addressing the needs of the victims of domestic and sexual violence and holding the perpetrators accountable.

2.2 Shelters for Abused Women

During the past thirty years, shelters for abused women have become fixtures throughout North America and elsewhere (Tutty & Goard, 2003; Tutty & Rothery, 2002). Shelters have become a primary resource for protecting assaulted women from violent partners. The latest Transition House Survey (Statistics Canada, 1999-2000) documented that in the year ending March 31, 2000, 96,359 women and dependent children were admitted to 467 shelters (of a total of 508 that were sent questionnaires). While a minority of these simply needed housing, most

(over 80 percent) were leaving abusive homes. Of these, 55 percent were women with dependent children, 73 percent of them less than 10 years old.

Most Canadian shelters are "first-stage." transition homes, typically offering shelter for an average of three weeks. A smaller number of "second-stage" shelters provide accommodation for six to twelve months, typically to former residents of first-stage shelters for whom a longer-term secure facility is necessary because their abuser remains dangerous to them (Tutty & Goard, 2003).

In surveys, abused women rate shelters their most effective source of help, more important than traditional service agencies (Bowker & Maurer, 1985; Gordon, 1996) – it is clear that the safety and support offered to residents have helped many to leave abusive relationships (Dziegielewski, Resnick, & Krause, 1996; Orava, McLeod & Sharpe, 1996; Tutty, Weaver & Rothery, 1999). Despite this, shelters cannot serve all that come to their doors, often sending away as many women as they take in or more. In recent statistics from three Alberta shelters for April 1999 through March 2000, a total of 913 women were admitted, but 6668 women were not () a ratio of about 1:7. The result for some is homelessness - homeless women are not uncommonly former shelter residents who have failed to find housing (Breton & Bunston, 1992; Charles, 1994).

Not all women leaving abusive relationships require shelter services. The 1999 Statistics Canada national survey found that 11 percent of women who had experienced spousal violence in the past five years had used a shelter, and the 1993 Violence against Women survey found that 13 percent of such women had done so (Rodgers, 1994). In the latter study, most abused women stayed with friends or relatives (77 percent), others moved into a new residence (13 percent) or stayed at a hotel (5 percent). One conclusion to be drawn from such findings it that transition homes are serving those who need them most, providing, "options for women who have few options" (Weisz, Taggart, Mockler, & Streich, 1994).

2.3 Group Treatment for Intimate Partner Abuse

Even when couples wish to remain together, current clinical wisdom suggests that both men who are abusive and women who have been victimized fare better in separate gender groups than in conjoint therapy (Tutty, in press-a). Support groups for assaulted women are an integral part of many shelters and community programs (Abel, 2000; Rubin, 1991; Tutty & Rothery, 2002), and groups for men who batter are the mainstay of the attempt to change the abusers (Gondolf, 2002). Although there are certainly circumstances that would support individual or conjoint sessions, little research has validated those approaches.

2.3.1 Batterer Intervention Programs: The major therapeutic interventions to address woman abuse have centred on group treatment for men who batter. Common models include educational approaches such as the Duluth model (Pence & Paymar, 1993), narrative therapy models (Augusta-Scott & Dankwort, 2002; Jenkins, 1990; McGregor, Tutty, Babins-Wagner, & Gill, 2002), anger management groups, self-help groups, and therapy groups that address family of origin issues (Pressman & Sheps, 1994). Anger management groups have been criticized because they ignore North American cultural beliefs that support men behaving abusively with women. It is argued that a focus on anger alone is simplistic, since many men who hit their wives are perfectly able to deal with anger outside their homes (Gondolf, 2002). However, while most group models teach the use

of anger-management behavioural techniques such as "time-outs" and "anger-logs", conceptualizing intimate partner violence as being primarily a problem with anger has been strongly criticized as ignoring societal sanctions for men to treat women abusively (Gondolf, 2002). Rather, feminist-informed groups challenge the beliefs that give men permission to treat women abusively (Russell, 1995).

The common interventions in feminist-informed groups include finding ways for men to accept responsibility for their abusive behaviours rather than adopting the "Well, she did it too…", or the "She was more abusive to me than I was to her," approach to which men often revert at the beginning of group treatment. Changing patriarchal beliefs that men have the right to control women's behaviours is key. Changing behaviours such as anticipating events that might lead the men to be violent and planning ways to avoid such abuse are also common group activities. Some group approaches also teach the men to identify their feelings before they feel overwhelmed and behave violently and develop empathy for their women partners (Gondolf, 2002).

A considerable number of evaluations have been conducted on such groups. Canadian studies include Augusta-Scott and Dankwort (2002) in Nova Scotia; Palmer, Brown and Barrera (1992); Barrera, Palmer, Brown, and Kalaher, (1994), Scott and Wolfe (2000) and Tutty, Bidgood, Rothery and Bidgood (2001) in Ontario and McGregor, Tutty, Babins-Wagner and Gill (2002) in Alberta.

In 1997(a), Gondolf counted a total of 30 published single-site program evaluations, many with methodological shortcomings such as quasi-experimental and exploratory research designs. Gondolf (1997b) concluded that these methodological limitations resulted in no clear evidence of the efficacy of treatment. He did, however, note that the "success rates" of batterer programs are comparable to others such as drunk driving, drug and alcohol, and sex offender programs.

Evaluations that compare group models, include comparison/control conditions and/or control for social desirability or denial are invaluable but still relatively rare. Edelson and Syer's 1990 study compared three group models, concluding that self-help groups were of questionable utility and that an educational approach resulted in greater decreases in violent acts against spouses. A recent study of men's groups in the Kitchener-Waterloo region in Ontario (Tutty, Bidgood, Rothery, & Bidgood, 2001) found that levels of violence significantly decreased and other clinical concerns such as self-esteem, depression and attitudes towards marriage and the family also improved, even when social desirability was statistically controlled.

One of the key questions about batterer treatment programs is whether court-mandated offenders benefit in comparison to those who self-refer. Edleson and Syer (1991) compared six treatment conditions finding, at 18 month follow-up, that men involved with the courts had lower levels of violence than "voluntary" group members. Similarly, Rosenbaum, Gearan and Ondovic (2001) found that court-referred men that completed treatment had significantly lower recidivism rates than self-referred men.

A recent meta-analysis of 22 mostly quasi-experimental evaluations of domestic violence treatment (Babcock, Green, & Robie, 2004) found no differences between treatment models (Duluth compared to cognitive behavioural, etc.) but that treatment had a significant but small effect on recidivism in addition to the effect of being arrested.

Some randomized clinical trial studies of batterer intervention programs have been conducted. Palmer, Brown and Barrera's 1992 study in Ontario randomly assigned a small sample to a 10-week treatment compared t a "probation only" control group. Those assigned to treatment re-offended at a significantly lower rate than in the probation condition.

Two more recent randomized clinical trials, one in Broward County, Florida and the other in Brooklyn, NY (Jackson, Feder, Forde, Davis, Maxwell & Taylor (2003), raised serious questions about batterer intervention programs when neither found statistically significant difference between violations of probation or re-arrests in men randomly assigned to either treatment or a control condition. These conclusions, using the "gold-standard" of experimental research designs, created significant concerns about such treatment.

Gondolf (2002) has responded with critiques of the implementation of the last two studies. In at least some instances, random assignment did not occur, the groups were characterized by high drop-out rates and it was difficult to access victims for follow-up reports, casting doubt on the interpretation of the findings. In his multi-site evaluation of four batterer treatment systems, with variation on whether referrals were pre-trial or after trial, length (from 3 months to 9 months) and whether addition services were offered, Gondolf (1999) found no significant differences across programs.

However Gondolf (2002) also identified a sub-group of about 20% of men mandated to intervention programs that were identified as dangerous and who continued to assault their partners despite intervention. Such offenders need a different treatment approach, however are difficult to identify. Further, Gondolf recommends screening for severe substance abuse and psychological problems that are associated with dropping out (2002).

Rather than the cessation of violence, Gondolf (2002) refers to "de-escalation of assault", finding that, while nearly half of the men in the four treatment sites re-assaulted their partners at some time in the nine months following program intake, two and a half years later, more than 80 percent had not assaulted their partner in the past year (based on partner reports) and the severity of the assaults were reduced. This fits with the points raised by Jennings (1990) who has questioned whether the absolute cessation of violence during treatment was a fair standard, when in treatments for other problems such as alcoholism, clients are expected to relapse, but learn from these experiences to help them resist in future.

Gondolf's final recommendation is to provide programs as early as possible and to shift the focus from program length to program intensity (2002, p. 214). For example, as soon as possible after charges and during the crisis when motivation tends to be the highest, offenders could attend counselling three or four times per week for the first four to six weeks.

In summary, while women's advocates remain concerned that the groups can teach men to be more effective manipulators who use their knowledge to control their partners even more skilfully (Gondolf, 2002; Tutty, 2002), the research supports their utility for a relatively large proportion of those charged with assaulting intimate partners. The proviso that some repeat offenders and others with co-occurring problems such as substance misuse and psychological problems are not amenable to the models currently in use suggests the need to conduct further research on identifying these subgroups and developing appropriate interventions.Only with

research engaging the women partners to provide feedback about how their partner responded, can we gauge the extent to which and for whom group intervention may be contraindicated.

2.3.2 Support Groups for Abused Women: Groups, whether support, psycho-educational or therapeutic, can be a powerful medium for women abused by intimate partners. The benefits of offering support to women in groups include the fact that groups reduce social isolation, one of the significant effects of being in an abusive relationship. Members of support groups provide encouragement to each other, allowing women to see that their experiences with and reactions to the abuse are not unique (Abel, 2000; Tutty & Rothery, 2002).

Group members are often at different stages in their acknowledgement of having been abused and willingness to decide what to do about it. Some may come to group suspecting something is not right but not fully recognizing the seriousness of their situation. Others may have left their partners, or may be in the process of deciding whether to do so or not. The opportunity to learn from others' experiences is clearly present and is seen as a prime benefit of the group process. A feminist perspective is key (Rinfret-Raynor & Cantin, 1997).

Research evidence for the usefulness of women's support groups for intimate partner abuse is available. Of five published studies, four (Cox & Stoltenberg, 1991; Holiman & Schilit, 1991; Rinfret-Raynor & Cantin, 1997; Tutty, Bidgood & Rothery, 1993) reported statistically significant pretest/posttest improvements in areas such as self-esteem, anger levels, attitudes towards marriage and the family and depression. The results of two qualitative studies (Moldon, 2002; Tutty & Rothery, 2002) further support the utility of women's groups.

2.3.3 Couple's Group Treatment: While the use of family therapy for parents who physically abuse their children is widely accepted, its use with woman abuse is highly controversial. However, although, traditional family and couples therapy have been strongly criticized for the manner in which they failed to address issues of wife assault (Pressman, 1989), it may be a mistake to entirely reject couples intervention as a form of intervention. The fact that so many women return home to abusive partners, suggests that feminist-informed couple's intervention for women who insist that they wish to remain in their relationship might be appropriate at some point (Brannen & Rubin, 1996; Stith, Rosen & McCollum, 2003; Vetere & Cooper, 2001), likely after each has participated in gender-specific groups (Geffner & Rosenbaum, 1990; O'Leary, 1996).

Unlike traditional couples' interventions, feminist-informed therapists accept the premise that the perpetrator is responsible for his actions, whatever the "provocation" and advocate that violence is not acceptable. They integrate this stance into a family systems approach in a way that allows the therapeutic intervention without implying that the victim is a part of the abuse (Magill, 1989). As ever, the safety needs of the women remain a major concern. Despite the suggestions offered regarding addressing safety, much scepticism remains about treating couples together (Gondolf, 2002).

A relatively recent evaluation of two couples groups offered by the Sheriff King Family Violence Prevention Centre only after each member had participated in gender-specific groups for a year (Johannson & Tutty, 1998), showed significant increases in problem solving and communication skills with violence levels approaching zero for those that completed. The group was developed when previous gender specific groups' members commented that they were able to use the communication and problem solving skills that they had learned in groups with neighbours,

bosses and co-workers, however they still found it difficult to change their behaviours with their intimate partners. The groups were offered for two hours a week over a period of 12 weeks. The group facilitators were a male/female social work team with experience in counselling, group work and family violence. The educational focus was minimal, with treatment materials briefly reviewed, so that the major emphasis was on practicing the skills. The facilitators served as guides in the couples' communication process to intervene and provide corrective direction in the couples' efforts to integrate skills. The group members provided support. Nevertheless, only a little more than half of the couples finished and several incidents of serious abusive behaviour occurred during group, including kidnapping of children and the resurgence of violence.

Further research on couples' approaches is essential; a recent article by O'Leary (2001) proposes that couples therapy could be one of a series of multiple interventions in complex cases. Nevertheless, the available evidence suggests caution in using systems interventions, especially as the sole mode of treatment.

2.3.4 Groups for Children Exposed to Domestic Violence: The co-occurrence of child abuse and partner abuse within the same family warrants clinical assessment and intervention (O'Leary, Smith Slep & O'Leary, 2000). Group interventions for children remain the norm, and evaluations commonly report improvements (Peled & Davis, 1995; Peplar, Catello & Moore, 2000; Wagar & Rodway, 1995).

2.3.5 Groups for Aggressive Women: In comparison to the vast research on male abusers, we know relatively little about the characteristics of aggressive women and how they respond to treatment (Abel, 1999). Dasgupta (1999) interviewed 32 women who had been referred to the Duluth, Minnesota program because of aggression towards partners. All had also been abused by either current partners or in past close relationships. The women's aggression was often psychological rather than physical and rarely resulted in the men being afraid. Instead, the women tried to limit their partner's contacts with relatives or friends; but, seldom achieved total control. Although some women withheld sexual access as a control mechanism, the impact of this could not compare to the marital rape often experienced by abused women (Bergen, 2004).

Babcock, Miller and Siard (2003) compared generally violent women to partner only-abusive women finding that generally violent women reported more trauma symptoms, used more instrumental violence and were more likely to have witnessed their mother's being physically aggressive. Abel (2001) compared women participants in perpetrator groups and women in victim's groups. Significantly more of the "batterers" were non-white, and were much less likely to have sought help from services such as shelters (only one-third of the women had utilized such resources). They had significantly lower levels of trauma symptomatology (with the exception of the depression and overall trauma subscales) than abused women; however, their trauma scores were greater than non-abused women. Both studies suggest the importance of a trauma assessment in working with women mandated to treatment for abusive partners.

Several recent studies have documented high rates of substance abuse among women court-referred to domestic violence treatment (Stuart, Moore, Ramsey, & Kahler, 2003; Stuart, Moore, Ramsey, & Kahler, 2004) As Gondolf (2002) has suggested with respect to men's treatment, these authors also highlights the importance of substances screening and offering adjunct substance abuse treatment.

Of course, trauma symptoms and substance utilization are interrelated. Parrott, Drobes, Saladin, Coffey and Dansky found that, while substance dependence and PTSD are separately each associated with increased violence in both men and women members of a couple, PTSD and cocaine use further increases the risk of perpetrating intimate partner violence across genders.

With new dual arrest policies common across North America, women are increasingly being charged with partner abuse and mandated to treatment (Finn, Sims Blackwell, Stalans, Studdard & Dugan, 2004; Hirschel & Buzawa, 2002). Few treatment programs are described in the literature.

U.S. clinicians Hamberger and Potente (1996) developed a treatment program for women arrested for abusing their partners. While the content areas appeared similar to that in many men's treatment programs, the authors found that, "Most of women who resort to violence against their partners, do so as a direct outgrowth of violence and oppression perpetrated against them in a context that has permitted or encouraged violence to be used as a problem-solving strategy. Of the 67 women treated to date, only three clearly exhibited primary perpetrator characteristics and battered their male partners" (p. 70). As such, in addition to presenting information on dealing with anger and aggression, the groups included sessions on safety planning, children's issues and assertiveness training commonly utilized in support groups for victims of woman abuse.

Still, we are only in the beginning stages of understanding differences between male and female perpetrated violence. If we are to offer effective interventions, we must understand more about the dynamics of woman-perpetrated abuse. While there is an increase in research on the characteristics of abusive women, there is virtually none on their treatment. Aggressive women may either seek counselling or be mandated to attend programs to change their behaviors. There is little written about clinical work with assaultive women and how such interventions might differ from treatment developed for male perpetrators. Buttell (2002) evaluated treatment with 91 women court-ordered into treatment for partner violence. At pretest, they were assessed as employing a level of moral reasoning (a contentious outcome variable) two standard deviations below norms for adults in general. At post-test, however, there were no significant improvements in moral reasoning raising questions about the impact of the group.

An evaluation of the Responsible Choices for Women program offered by the Calgary Counselling Centre (Tutty, Babins-Wagner, & Rothery, in press) showed that at pretest these mostly non-mandated women groups reported levels of physical and non-physical abuse of partner that were serious. The greater use of psychological abuse by women asking for treatment for aggressive behaviour is identical to that reported by other practitioners who have conducted research with such women (Dasgupta, 1999; Hamberger & Potente, 1996) and their partners (Tutty, 1999). The Responsible Choices for Women group members reported clinically significant problems in many areas of their lives including stress, depression, low self-esteem and serious marital and family relations. After treatment they significantly improved in several areas: less non-physical abuse, higher self-esteem, more contentment, less clinical stress and higher assertion.

In summary, our knowledge about both specialized treatment models and the efficacy of programs for women mandated to treatment for abusing intimate partners is in its infancy.

Simply making over men's group models will likely be ineffective and addressing trauma and possible substance abuse is recommended (Abel, 1999; Tutty et al., in press).

2.3.6 Groups for Abused Men: Even less common are approaches to assist male victims of intimate partner violence (Tutty, 1999a). A recent group format developed by Calgary Counselling and offered to five cohorts of men who were primarily psychologically abused by women partners, shows promise (Tutty & Babins-Wagner, 2005). These 14-week therapy groups use narrative therapeutic techniques. In total, six groups have been offered to a total of 35 participants. Pre-post changes on a number of standardized measures including physical and non-physical partner abuse, self-esteem, depression, clinical stress found statistically significant improvements on self-esteem, clinical stress and generalized contentment

2.3.7 Group Treatment for Child Sexual Abuse: Group treatment is an important adjunct to individual therapy for child victims of sexual abuse. Research on such groups supports its utility in improving depression, externalizing behaviours, anxiety and self esteem (Deblinger, McLeer & Henry, 1990; Friedrich Luecke, Beilke, & Place, 1992; Lanktree & Briere, 1995; Sullivan, Scanlan, Brookhauser, & Schulte, 1992)

2.3.8 Group Treatment for Adult Survivors of Sexual Abuse: While individual treatment for adult survivors of child sexual abuse, group treatment is commonly offered. The research on adult survivor's group treatment has consistently identified significant improvements in self-esteem, depression levels, and general symptomatology (Richter, Snider, & Gorey, 1997; Saxe & Johnson, 1999; Stalker & Fry, 1999; Westbury & Tutty, 1999). The use of trauma-related symptomatology measures appears promising. The focus on groupwork is understandable, since groups typically are time-limited and a number of survivors are available to participate in the research. Of note, however, is the fact that most survivors have previously been in individual therapy, and that most therapists recommend continuing in individual treatment throughout the course of the group.

2.3.9 Family Violence Prevention Programs: Rather than dealing with the physical and emotional injuries after violence has occurred, a substantial number of programs attempt to prevent domestic abuse before it happens. Prevention programs can be directed at a total population (universal or primary prevention), at a group considered 'at-risk' (secondary prevention) or at a group already experiencing violence either as victimizers or victims (tertiary prevention). The bulk of family violence prevention programs are school-based primary prevention, that is, those directed at all children/youth and delivered in the school setting (Tutty & Bradshaw, 2004). School-based violence prevention efforts for children/youth are generally based on the principle that education can change awareness and knowledge, and teach skills that may change behaviour. The hope is that such knowledge will empower children and youth.

School-based violence prevention programs address the most common forms of violence against children and youth: bullying, child sexual abuse, child maltreatment, sexual harassment, dating violence and sexual assault, highlighting the overlap between these. Over 70 such prevention programs with research evidence of their efficacy have been highlighted in a school based resource manual available on-line at www.ucalgary/resolve/violenceprevention/. The manual documents the importance of utilizing programs that are appropriate to the

developmental age of the students targeted and that engage the students in the topic (Tutty et al., 2002).

3.0 Shelter Services in Alberta

The most common shelters in the province and across Canada are emergency shelters. Emergency shelter buildings are equipped with special security measures and, in Alberta, usually house women and children fleeing abusive situations for up to 21 days, providing food, shelter, and access to counselling. Emergency shelters are more crisis-oriented, generally offer 24-hour crisis telephone lines, and assist women and their children with referrals to necessary community resources, some of the most common being financial, housing, or legal services. Most emergency shelters also have child care staff, or children's counsellors, as opposed to day care or babysitting services. Many emergency shelters offer in-house groups for women for support, as well providing information about various forms of abuse and the impact of abuse on women and children. Several Alberta emergency shelters are geared specifically to First Nations/Aboriginal women, with specialized programming to fit their cultural needs.

On average, Alberta emergency shelters house 32 women and children at one time. Urban shelters are at capacity most of the time, turning away almost as many women as they house, referring these to emergency social services or to other options. Most emergency shelters also have follow-up (for former residents) and/or outreach counselling (for women in the community who may never have stayed in the shelter).

Second or third stage shelters are longer term shelters that house women following a stay in an emergency shelter for longer periods of time as they make a transition from abusive partners/circumstances. Most are located in urban centres: four in Calgary and two in Edmonton. One Calgary shelter is described as a 3rd stage shelter. It is designed for women following a stay in another second stage facility: this same shelter also sees women with mental health issues and/or addictions. Stays in second stage facilities, which are also secure and usually apartments, are typically up to six months, with some at 3 months. Second stage shelters usually have outreach counsellors, and provide in-house programming with women and often children. Second stage shelters are less crisis-oriented and are intended to assist women and children to more effectively make the transition to independence from abusive relationships.

Two Alberta shelter organizations in large urban centres assist both women and men aged 60 years and over with abuse issues. These shelters are smaller than others, with less formal programming. The Kerby Rotary House in Calgary is similar to emergency shelters for abused women, while the Edmonton Senior's Safe Housing program finds emergency beds and provides services to seniors in already-established non-domestic violence-specific seniors housing.

3.1 Shelters in Large Urban Centres: Calgary and Edmonton

The directors of the following fourteen shelters in the cities of Calgary and Edmonton were interviewed:

Awo Taan Native Women's Shelter (Calgary)
Calgary Women's Emergency Shelter (CWES)
Brenda Strafford Centre (second stage shelter in Calgary)
Edmonton Senior's Safe Housing
Edmonton's Women's Shelter

Kerby Rotary House (Calgary, for seniors)
LaSalle Residence (second stage shelter in Edmonton)
Lurana (Edmonton)
Sheriff King Home (Calgary)
Sherwood Park, A Safe Place (Strathcona),
Sonshine Centre (second stage shelter in Calgary)
Wings of Providence (second stage shelter in Edmonton)
Youville (second stage shelter in Calgary)
Discovery House (second stage shelter in Calgary)

3.1.2 Strengths of Shelters in Large Urban Centres: The following section summarizes the views of shelter directors in Calgary and Edmonton about the strengths, challenges and gaps they face working within their communities:

- *Work with Clients*: The positive work with clients was identified by 10 of 14 directors (71.4%) as a strength. In some cases, interviewees identified portions of their own programs as unique in some way, such as utilizing a holistic model of helping or offering longer term assistance as a second stage shelter.
- *Partnerships and Collaboration within the community*: Identified by 8 of 14 (57.1%) of these shelters directors as a strength.
- *Work with Children*: 6 of 14 (42.8%) identified their programming with children as part of what they perceive is working well. One identified this work as moving forward, becoming more trauma focused; another identified the standardization of services for children exposed to domestic violence with respect to the collaboration with Dr. Peter Jaffe as highly positive. Two have outreach services aimed specifically at children.
- *Community Outreach*: 5 of 14 (35.7%) identified their outreach programs as working well. Outreach programs provide services to women in the community who do not necessarily ever reside in the shelter.
- *Protocol and policy development within the community*: Identified by 5 of 14 (35.7%) as a positive.
- *Public Education in the Community/Prevention:* Identified by 5 of 14 (35.7%) as a strength.
- *Culturally Appropriate Programming*: Identified by two directors as a positive in their own shelters. This area was noted as improving, particularly with respect to Aboriginal populations.
- *Unique Populations*: Three directors identified their shelters as being unique in Alberta in addressing the needs of a specific population. Of these, two clarified that their agencies are the only resource in their city to address the needs of abused seniors. The third is the only resource to assist women with concurrent mental health and addictions problems in addition to current domestic abuse, thus addressing populations with special needs that mainstream shelters would have more difficulty serving.
- *A Strong Staff*: The commitment and skill level of the shelter's staff were identified by two shelter directors as assets.
- *Community Resources*: Two directors identified their surrounding communities as offering a good range of resources or services regarding family violence.

One shelter director, each, identified the following as working well within their own facilities and the province. Program-wise this included one shelter's volunteer program and the

inception and use of the safe visitation program. One director believes that treatment responses to domestic violence are generally improving, with a shift to working with families and not solely women. Another director noted the importance of having funding for outcome evaluations of programs. One respondent described the benefits of the recent Alberta Provincial Roundtable on Family Violence and Bullying process and the briefs to emerge from those meetings as strengths. Others noted the increased protection to women and children and an apparent increased awareness in the community about the importance and serious nature of domestic violence.

3.1.2 Challenges to Large Urban Shelters: The shelter directors identified the following as significant challenges to carrying out their work.

- *Funding:* 11 of 14 (78.6%) identified funding as problematic. One director noted that constant fundraising impedes further program development and prevents innovative programming. Another noted that ongoing fundraising prevents future planning for existing programs, as the efforts are towards maintaining what exists, rather than improving what is available. A further director commented that with the current intense competition for funding, second stage shelters are often included with emergency shelters, even though they are substantially different.
- *Marginalized Populations*: 8 of 14 (57.1%) indicated that domestic violence services are primarily geared towards 'mainstream' groups. Immigrants, Aboriginals, elders, and those with mental health issues in addition to current domestic abuse are not necessarily well-served by these models, which presents a challenge.
- *SFI (Supports for Independents)*: 6 of 14 (42.8%) respondents indicated that these are inadequate for women leaving abusive relationships who are trying to support themselves and perhaps children.
- *Community Collaboration*: While a large proportion of respondents noted that their community partnerships and collaboration are working well, 6 of 14 (42.8%) commented that it continued collaboration is time-consuming to the point that it can interfere in internal program development. It is also impeded by the ongoing competition for funding among service providers.
- *Affordable Housing/ Resources for Women*: 6 of 14 (42.8%) identified a lack of resources as problematic for women leaving abusive relationships and shelters. The major scarce resource was affordable housing in the community, a significant challenge in assisting women to make the transition to a violent-free life.
- *Pressures on Staff*: Two respondents indicated that work with abused women and children is becoming increasingly complex, with staff often overworked and sometimes inadequately compensated for their efforts. They further noted that there is little time for staff development or training.
- *Boards of Organizations*: Two respondents mentioned that agency boards sometimes have difficulty understanding domestic violence and what properly defines their role or parameters.
- *Length of Shelter Stay Inadequate*: Two directors commented that a 21 day-stay in an emergency shelter is not adequate in addressing the needs of abused women and their children or facilitating long-lasting change.

Challenges mentioned by single directors included that shelters seem unsupported by the larger domestic violence community and that myths regarding domestic violence still abound in

the community, evidence of further need for prevention education. Shelters sometimes experience internal problems in growing and changing and staff are often overworked. One director was concerned that the term "domestic violence" is not always one with which clients wish to identify, and therefore they make not seek assistance.

Families are often resistance to change – professionals can assist some to a certain extent, but have limited impact with others. Another director noted that the history of the male abuser is often relevant: the 'why' of the situation for women and children. So, while the work with women and children is valuable, the source of the problem, his abusive behaviour, is not adequately addressed. A final challenge mentioned by one interviewee was that many members of the medical profession still respond inadequately to domestic violence. They often over-medicate patients rather than intervening in a more appropriate manner, thus sometimes creating new problems for women and children. Other concerns included difficulties connecting with victims of violence, and whether the shelter environment and/or services meet the needs of single women.

3.1.3 Gaps for Large Urban Shelters: The directors from large urban centres noted the following gaps in services for shelter residents.

- *Second Stage Housing*: 8 of 14 (57.1%) named lack of beds in second stage housing as a gap in service, one second stage facility identified that they turn away at least 10 women per month throughout the year.
- *Children's services*: 5 of 14 (35.7%) identified a lack of services for children who witness domestic violence.
- *Prevention Programs/Public Education*: 4 of 14 (28.6%) identified this as a gap
- *Legal Resources*: 3 of 14 (21.4%) mentioned this gap, more specifically access and information regarding protection orders and legal aid.
- *Men's Resources*: 3 of 14 (21.4%) highlighted this, one noting that the source of the problem is often the male, but most efforts are directed towards crisis work with women and children. Another respondent commented about the lack of safe places for men who are abused or abusive; one further questioned whether a group modality is the ideal form of intervention for abusers.
- *Outreach and Lack of Funding for Outreach:* Identified by two respondents as a gap in service.
- *Resources for Women:* Named by two respondents as a gap in their communities.

Gaps that were mentioned by only one respondent included the lack of daycare, recreation for families, respite care for parents and shelter beds, safe visitation/safe exchange for children and the lack of a community coordinated crisis phone-line.

3.2 Shelters in Middle-Sized Urban Communities

All of the shelters in mid-sized urban centres are emergency shelters, with Unity House, Odyssey House, and Interval House incorporating some second stage beds. The range of space is from 18 to 36 beds. In addition to emergency shelter for women and children, all offer a variety of programming, including in-house groups for women and counsellors for children as well. The following shelters are included in this analysis:

YWCA Harbour House (Lethbridge)

Phoenix Safe House (Medicine Hat)
Central Alberta Women's Emergency Shelter (Red Deer)
Unity House (Fort McMurray)
Odyssey House (Grande Prairie)
Lloydminster Interval House

3.2.1 Strengths of Middle-Sized Urban Shelters: Shelter directors from middle-sized urban shelters mentioned the following strengths.

- *Community Collaboration*: 5 of 6 (83%), named this as a strength, with half (3 of 6) specifically identifying their relationship with the RCMP/police as positive.
- *Work with Clients*: 4 of 6 (67%) noted this as a strength. They perceive women leaving the shelter as having gained valuable assistance.
- *Public Education*: 4 of 6 (67%) identified their public education in the community as a strength.

One director, each, mentioned the existence of second stage housing as positive, the inception of a new domestic violence court a strength, developing batterer intervention programs, instituting protocols and a positive justice response to domestic violence in the community.

3.2.2 Challenges for Middle-sized Urban Shelters: The following challenges were noted by the directors.

- *Funding*: 5 of 6 (83%) identified lack of adequate funding as problematic.
- *Housing*: 4 of 6 (67%) identified a lack of affordable housing for women and children leaving abusive relationships or shelter as a challenge.
- *Staff Recruitment/Turnover*: 3 of 6 (50%) noted that recruiting and retaining staff, lack of enough staff, and constant training are problems.
- *Lack of Shelter Space*: 2 of 6 (33%) named lack of space in the shelter a problem, not with respect to shelter beds, but physical space for staff, meetings and programs.
- *SFI (Supports for Independents):* 2 of 6 (33%) noted that SFI payments are inadequate for women leaving abusive relationships who are trying to support themselves and children. This, then, is challenging for the shelter staff who are attempting to assist them.

Individual shelter directors mentioned the following as problematic: an insufficient number of shelter beds, poor community collaboration, transportation problems, being the only domestic violence agency in the area, the paucity of Aboriginal services, or services geared more appropriately for Aboriginals and women experiencing difficulties getting Emergency Protection Orders. Racism and difficulty getting and retaining qualified staff were also noted.

3.2.3 Gaps for Shelters in Middle-sized Urban Centres: The directors mentioned the following gaps as problematic in assisting their residents.

- *A Lack of Comprehensive/Appropriate Counselling Services in the Community*: 3 of 6 (50%) identified the lack of a range of counselling services in their communities and/or regions as a gap. By this they meant referral to counsellors apart from their own agencies, such as psychologists or social workers, access to group counselling, children's and adolescent counselling, and counselling specifically directed at domestic violence.
- *Second Stage Housing*: 3 of 6 of respondents noted second stage facilities as a gap
- *Safe Visitation:* 3 of 6 named lack of safe visitation as a gap in service.

Two of the six shelter directors (33%) mentioned the following as gaps in their communities: children's services, services for teens, batterer's intervention programs and resources in general. Individual respondents each noted that mental health services, legal resources, a specialized justice response to domestic violence (specialized DV court) as well as services for the homeless are not available.

3.3 Shelters/Resource Centres in Rural and Remote Alberta Communities[1]

The 20 emergency shelters in rural/remote Alberta communities ranged in size from a few beds for women and children, to many. One of these, Sucker Creek, is also a second stage facility, and has second stage facilities and programming. A few are also located directly on reserves. Of these, one, the Peace River Regional Women's Shelter, also serves women clients with mental health issues. Follow-up and/or outreach programs are not often viable in smaller shelters and community resource centres. In some locations the program consists of a part-time staff person that may offer crisis intervention in the shelter as well fulfilling a public education role in the community. The following are the shelters/resource centres interviewed for the environmental scan:

Bigstone Cree Nation's Women's Emergency Shelter (Wabasca)
Family Crisis Intervention Society (Taber)
Eagle Women's Emergency Shelter (Black Diamond)
Community Crisis Society (Strathmore)
Yellowhead Emergency Shelter (Hinton)
Wellsprings Family Resource and Crisis Centre (Whitecourt)
Pincher Creek Women's Emergency Shelter
Grand Cache Transition House
Mikisew Cree First Nation Paspew House (Fort Chipewayn)
Hope Haven Society (Lac la Biche)
Peace River Regional Women's Shelter
Crossroads Resource Centre (Fairview)
High Level Safe Home
Brooks and District Safe Shelter Society,
Dr. Margaret Savage Crisis Centre (Cold Lake)
Ermineskin Women's Shelter (Maskwaci)
Brigantia Place (Camrose)
St. Paul, Columbus House of Hope
Sucker Creek Women's Emergency Shelter
Banff YWCA

3.2.1 Strengths of Shelters/Resources Centres in Rural/Remote Communities: The strengths of their organizations were documented as follows.

- *Work with Clients*: 13 of 20 (65%) identified their shelter work as helpful to women and children residents.
- *Public Education*: 11 of 20 (55%) noted their public education activities as a strength, referring to presentations in schools on bullying, dating violence, presentations to service groups, colleges, public awareness.

[1] For locations, readers are directed to the Alberta Council of Women's Shelter's map: http://www.acws.ca/map.asp

- *Shelter Use*: 9 of 20 (45%) identified that community members know that the shelter exists and that they can use it if necessary.
- *Community Collaboration*: 8 of 20 (40%) identified positive collaborations with community partners and creating new initiatives.
- *Relationship with the RCMP*: 6 of 20 (30%) specifically noted their relationship with RCMP as positive.
- *Crisis line*: 4 of 20 (20%) identified the existence and use of their crisis telephone lines (24 hours).
- *Quality and/or Commitment of Staff*: 3 of 20 (15%) noted the commitment and/or empathy of their staff.
- *Community Support of the Shelter*: Identified by 2 of 20 (10%) respondents.

3.3.2 Challenges of Shelters/Resources Centres in Rural/Remote Alberta: The shelter directors mentioned a number of challenges that affects their work.

- *Funding*: 16 of 20 (75%) of the shelter directors identified this as a primary challenge in service delivery or running the organization.
- *Difficulty Addressing Family Violence in Rural Areas*: 10 of 20 (50%) highlighted that serving a rural area is difficult. They perceive some community members as denying the significance of family violence, the lack of anonymity for anyone needing assistance or shelter, the reluctance of community members to become involved with those affected by family violence. One director perceived a mass denial of the existence of domestic violence at all levels, including government.
- *Transportation*: 9 of 20 (45%) noted that transportation is a significant challenge, for example, getting clients to or from the shelter from remote or outlying regions. Some areas in the province can only reached by airplane. This increases the safety risks to staff and women alike, due to a lack of public transportation in rural areas.
- *Staff Recruitment/Retention*: 7 of 20 (355) identified difficulties in recruiting qualified staff to rural areas, then keeping them.
- *Housing*: 6 of 20 (30%) identified a lack of housing or affordable housing.
- *Marginalized Groups in the Community*: 5 of 20 (25%) named exclusion or racism against immigrant populations, elders, and Aboriginals in their communities.
- *SFI (Supports for Independents)*: 6 of 20 named low SFI rates as problem that makes the transition for women out of shelters difficult. Some further noted that this may pressure women back into abusive relationships.
- *Regional/Boundary Changes*: Named by 4 of 20 (20%) as a process that has occurred too often in recent years, and has created inherent confusion and/or difficulty in funding requirements.*One director not included in this challenge noted that her shelter is one of four First Nations in the area. It is difficult to clarify who is responsible for what areas of service, what clients each of the areas may serve and receive funding for.
- *Size of the Area Served by the Shelter*: 3 of 20 (15%) noted that their shelter provides service to a large area, making it a challenge for clients to reach the shelter and vice versa.
- *Lack of Adequate Space:* 3 of 20 (15%) noted that their shelters are not physically large enough, not necessarily for beds, but for the work that they do.

A further two directors identified each of the following issues as challenging:

- The highest rates of domestic violence in the country and lack of services/resources

- Poor accessibility to mental health resources in the community
- Poor response from RCMP to domestic violence (one noted that RCMP in the area still ask women if they want to press charges)
- Emergency Protection Orders (the *PAFVA* legislation) not working in the area, or not being used.
- Internal staff problems
- Difficulty in community collaboration
- 21 day shelter stays are unrealistic to inadequately address the needs of abused women.
- Child welfare workers cover enormous areas meaning their resources are stretched.
- The levels of court in Alberta, and poor communication between those levels of court.

3.3.3 Gaps for Shelters in Rural/Remote Communities: The directors of shelters in rural/remote communities mentioned the following gaps.

- *Comprehensive Counselling*: 11 of 20 (55%) identified the lack of a comprehensive range of counselling services in their communities and/or regions as a gap. These included psychological services, resources for children exposed to domestic violence, teen programming, elder programming, family counselling, substance abuse counselling, and group counselling in general.
- *Batterer Intervention Programs*: 11 of 20 (55%) named this as a service gap in the community. In some cases, men receive only brief individual counselling. Treatment may not be mandated by court or probation recommendations due to the lack of services or inaccessibility to services, some noted.
- *Mental Health Services*: 11 of 20 (55%) indicated lengthy wait lists in the community for mental health services, and the use of shelters by mental health clients or referrals from other systems to shelters.
- *Second Stage Housing*: Mentioned by 8 of 20 (40%) as a gap.
- *Safe Visitation*: 8 of 20 (40%) noted the lack of safe visitation for children as a gap in service/programming in their communities.
- *Transportation*: 7 of 20 (35%) named this as a gap in service in rural or smaller areas.
- *Legal or Justice Resources*: 4 of 20 (20%) noted this as gaps in service: legal aid, access to crown prosecutor, victim's services.
- *Mental Health/Psychiatric Hospital Beds*: 4 of 20 (20%) noted a lack of mental health hospital beds in the community or sometimes across the region. Those clients often reside in shelters instead.
- *Resources for Women:* 4 of 20 (20%) mentioned a lack of resources for women in general as a gap in their communities.

Three shelter respondents each mentioned the following gaps: Public education or prevention funding, lack of day care, community collaboration is lacking or poor. Two directors each mentioned the lack of funding for outreach programming. Another single response indicated that Victim's Assistance (associated with the RCMP) only assists women when the police have laid charges, even when the police have been called to the home because of a reported domestic assault.

3.4 Summary of Strengths, Challenges and Gaps across Alberta Shelters

In comparing the analysis of strengths, challenges and gaps across centres of different sizes, the shelter directors agreed on the following areas.

Strength 1: Positive Community Collaboration – 21 of 40 (52.5%) of the shelter directors noted this as working well. They described collaboration/partnerships as appropriate and effective mechanisms to work together to better address domestic violence in the community. As well, in partnering with other agencies, they facilitated better programming and/or service delivery models.

Strength 2. Work with Clients – 23 of 40 (57.5%) of all shelter directors indicated that their work with clients is an important facet of what is working well.

Strength 3. Public Education – 20 of 40, half of the shelters in Alberta, identified their public education activities in the community as a strength. Notably, however, 11 of those responses were from smaller sized communities as compared to 9 from the large urban shelters. While most urban shelters also offer public education, they do not have the same challenge of making their services known to the community in the way that rural or smaller shelters might. The urban shelter's public education programs more often involve counselling services and outreach, whereas rural shelters can seldom finance extensive outreach and programming.

In addition to providing transition housing, the community identity of most rural shelters is providing education and awareness. They often do so in isolation, as some are the only domestic violence services available over large geographically and remote areas. Calgary and Edmonton shelters work more within a network of services and do not identify themselves as the sole service providers that address domestic violence. In contrast, several directors from smaller shelters identified partnerships with schools on bullying and/or dating violence as key contributions, while some highlighted the unique challenges of addressing domestic violence in rural areas in their public education. Rural shelters also noted rather unique means of raising awareness: walks in the community on domestic violence, information on special placemats in restaurants, and others. As one respondent noted, public education is perhaps more important a role in smaller centres.

Challenge 1: Funding – Identified by all shelters as a challenge, with 32 of 40 (80%) of respondents indicating this and for a multitude of reasons. Some noted that having to justify even their basic funding every year is challenging; others commented that funding requirements change. Some shelters have had outreach or follow-up components cut altogether. Most noted that part of the problem is the excessive amount of time and energy that they must invest in basic fund raising for programs beyond what is considered core. This effort is so monumental that it leaves little time for program development and other efforts.

Challenge 2: Lack of Second Stage Housing – 19 of 40 (47.5%) respondents raised concerns about the lack or shortage of second stage housing. One second stage facility noted that they turn away an average of 10 women per month throughout the year.

Challenge 3: Housing/Lack of Affordable Housing – 16 of 40 (40%) of all shelters, identified the lack of affordable housing as a challenge for their clients and, concurrently, a difficulty for

them in helping women transition to becoming independent from violent relationships. Some Alberta centres noted that rents in their communities are among the highest in Canada. For example, in oil towns, the minimum rental costs far exceed SFI payments.

Challenge 4: The Marginalization of Some Clients – 14 of 40 (35%) of the shelter interviewees indicated that the marginalization or exclusion of clients from diverse populations was a challenge in their work and/or in their community. These respondents identified immigrants and elders as not receiving the same service, though notably, only one shelter in 40 named same sex populations as marginalized. Smaller shelters were more inclined to identify First Nations populations as being marginalized, and to name this as racism.

Challenge 5: SFI (Supports for Independents) – 14 of 40 (35%) of respondents indicated SFI payments are too low for their clients to live on, and additionally noted this as well as housing, possible reasons for women returning to abusive relationships with or without children.

Gap 1: Lack of Safe Visitation Programs– 13 of 40 (32.5%) respondents noted this to as a gap in service, with 10 of these respondents from rural shelters.

3.5 Challenges and Gaps Identified by Middle-Sized Urban and Rural Shelters Only

Shelter directors from the middle-sized urban and rural communities identified several challenges and gaps that were not mentioned by shelter directors in the large cities.

Challenge 1: Staff Retention/Training – 10 of 40 respondents (10 of 26 that were all from middle-sized urban and smaller rural shelters, at 38%) identified this as a challenge, though no urban shelters named this as problematic. Directors in smaller centres noted that they had difficulty recruiting staff, as well as keeping them. Respondents from some smaller centre mentioned that staff had been lured away by better paying job opportunities in their region, or that it was difficult to find qualified staff.

Challenge 2: Transportation – 10 of the 26 (38%) group of middle sized-urban and smaller shelters combined, noted this as a challenge in providing services to clients (none of the urban respondents noted this). The interviewees noted that in their large areas/regions, getting clients to the shelter or from another shelter elsewhere, lack of public transportation was problematic. As well, the potential danger of staff transporting clients and the lack of resources to do so safely is an ongoing concern.

Gap 1: Lack of Batterer Intervention Services – 13 of the 26 (50%) middle-sized urban and rural shelters identified this as a gap in service, with 10 of those responses from rural/small shelters.

Gap 2: Lack of Comprehensive Counselling – 14 of the 26 (54%) middle-sized urban and small rural shelters indicated the a lack of a comprehensive array of counselling services to address all family members affected by domestic violence as problematic in their communities. These included a lack of parenting groups, life skills, adolescent services, psychologists, and groups for children exposed to domestic violence.

3.6 Challenges or Gaps Identified Only by Small/Rural Shelters: Finally, several gaps and challenges were uni[illegible]e to the shelter directors from the rural and remote communities in Alberta.

Challenge 1: Addressing Domestic Violence in Rural Areas -10 of 20 (50%) of the directors from small rural and remote centres identified a number of problems unique to living in such communities. Included were how to keep shelters and their clients anonymous, members of the community denying the existence or importance of domestic violence, problems inherent in knowing one another so well, and the reluctance of others to become involved. Some directors that mentioned these as problematic further underscored the importance of public education in smaller centres, as well as the pivotal role of outreach services for those who might not otherwise approach the shelter.

Challenge 2: Relationship with the RCMP - Since larger urban centres have their own police services, this was obviously not identified by the larger shelters. Six of 20 (30%) directors in rural communities named this relationship as a positive collaboration that enhances what they do. Two shelters considered their relationships with the RCMP as problematic. Either response highlights the importance and potential in that collaboration.

Challenge 3: Region/Boundary Changes Only smaller, rural shelters identified region/boundary changes as problematic in recent years. They noted that the changes have been disruptive, too common and with each, funding requirements have changed, at a cost to the organizations in some cases.

Gap 1: Lack of Mental Health Services - While 12 of 40 (30%) shelter directors highlighted the lack of mental health services as problematic, 11 of these respondents were from rural shelters, with only one middle-sized urban shelter mentioning this as an issue. Those who named this as problematic described lengthy wait lists for mental health services for assessments and/or referral to a counsellor. The consequence is that shelters are essentially being utilized as mental health resources for clients who may be on waiting lists for mental health intervention. The respondents all described waiting lists for mental health counsellors being a minimum of a few months. Several others described circumstances of there being no psychiatric beds in either their community or the region, or that psychiatric beds are a great distance away in urban centres. Only one smaller shelter is funded to serve mental health clients, though a large number of shelter directors indicated seeing clients that would be better served by mental health resources. Those respondents also described hospitals or other resource centres referring mental health clients to the shelters in times of crisis.

In summary, Alberta's shelter directors identified a number of strengths in their organizations, communities and the work that they do with clients. Many of their challenges were with respect to services needed by clients after they leave the shelter: housing, finances and continued counselling and legal supports for all family members. The programming gaps were especially key in smaller, remote communities in which it is sometimes difficult to provide basic standard of health and metal health services because of remote locations and sparse populations.

4.0 Alberta Domestic Violence-Specific Counselling and Education Programs

Apart from shelters, a considerable number of agencies in Alberta address the needs of women, children and men impacted by domestic violence. Some are agencies or programs devoted entirely to addressing domestic violence; some are community agencies or resource centres, in which a portion of programming focuses on domestic violence; still others offer prevention through public education and/or work with schools, rather than counselling those directly affected by domestic violence.

In 2004, we interviewed representatives from 24 Alberta agencies or programs as the second phase of an environmental scan of the province's domestic violence-specific services (See Appendix II). Other agencies have been contacted, and some portions of their role in domestic violence services described here, with interviews pending. The environmental scan process was intended to clarify what services currently exist in Alberta, where those services are located, what or where services may be lacking, and specific issues that service providers find challenging. More specifically, the interviews asked the representatives what populations they serve, what are the strengths and challenges in delivering these services in their communities, and whether they perceive gaps in services or populations served. The interviews also invited participants to identify the strengths of their community as a whole in addressing domestic violence. The strengths, challenges and gaps are discussed below as they differentially apply to whether the target population lives in large urban, medium size urban or rural centres.

4.1 Analysis of Interviews with Agency Representatives

Most of the domestic violence agencies/programs identified insufficient funding, or difficulty attaining funding, as the major challenge in service delivery to men, women and children affected by domestic violence, at 19 of 24 (79%) interviews. While they identified sustainable (or ongoing) funding as ideal, but perhaps attainable, much of their current efforts lead to re-designing existing programs to be eligible for further funding, much is which is targeted for "innovative " projects, not demonstrated to be effective programs. In some cases, unique programs or program staff had have been cut due to lack of funding. For example, the 'Men's Outreach Program' in Edmonton offered through John Howard was a pilot project that worked with male perpetrators of domestic violence with the goal of providing safety to women and families. After one-year, its funding was not renewed.

Similarly, large-urban, middle-urban, and rural agency representatives identified community coordination as imperative, as well as a positive in terms of what is going well in their community (22 of 24, or 92%). Most agencies/programs collaborate with at least one other agency in their community or share programs. Urban centred agencies were more likely to elaborate that while collaboration is positive, especially in identifying possible gaps or duplication in services, community collaboration takes extensive effort and energy (7 of 24, or 29%). Notably, the extra time and effort is not compensated financially.

One consistently noted gap across the province was children's services, specifically programming for children exposed to domestic violence. In Calgary, for example, even with the HomeFront project and increasing numbers of client referrals to treatment, only two agencies currently have children's programs programming designed taking with best practices into

consideration. Few programs in the province work specifically with children exposed to domestic violence, and fewer are geared to adolescents. As noted by one participant, programming for adolescent boys is a serious gap. This is especially so when the community expresses a commitment to preventing violence from young men and working towards teaching children about healthy relationships. In analyzing this area, 7 interviewees identified a lack of services for children exposed to domestic violence as a gap, while a further 5 noted that the lack of services for adolescents, in particular boys, is a serious concern.

Another gap noted was men's services in general, with 8 of 24 (33%) respondents indicating a lack in the province of supports or resources beyond programming designed for men who have been abusive, and that in some rural areas, rural, that even those are lacking. One noted that there is a lack of programming for fathers. Crisis services for men, and individual support and outreach are often difficult for men to access.

Elder abuse or resources regarding elder abuse were named as gaps gap by nine respondents (38%). This is an area that will potentially expand since several respondents noted concern about the lack of services for abused seniors.

While 10 of 24 (42%) respondents described one of the agency's strengths as their services to address domestic violence with culturally diverse or Aboriginal clients (or their agency's increasing competency in doing so), 10 also commented about a lack of culturally appropriate domestic violence specific services in their communities, with 4 noting a lack of Aboriginal specific programming. In Calgary, for example, there are no Aboriginal women-specific groups, outside of the Awo Taan Native Women's shelter. Similarly there are a paucity of programs designed specifically for Aboriginal children exposed to domestic violence, with the only known such group currently offered in Edmonton.

A gap mentioned by several respondents was the lack of follow-up and/or support to a substantial number of individuals (largely women) who have police involvement because of domestic violence, but the police do not lay charges. These individuals experience violence serious enough for police involvement, but are not become involved in the justice system where they might receive support in Calgary from the Homefront Domestic Court Case Workers or Victim's Assistance. As such, they may not have access to information about options in legal protection orders and they may be without emotional support. This issue warrants attention considering the serious nature of the violence that they may endure.

Agencies and programs in rural areas further identified relationships with the RCMP and the RCMP response to domestic violence as critical, as did their shelter counterparts. The isolation of many individuals in rural areas, exacerbated by the dearth of resources, makes the justice response that much more imperative to those victimized by violence, as they are not as able to seek safety as urban residents in similar situations. Similarly, rural representatives – 10 of the respondents interviewed in rural areas - noted the great difficulty dealing with domestic violence in isolated areas, increased safety concerns and difficulty for clients to access help and to maintain anonymity. Rural agencies too, are often the only source of support for large, extended outlying areas, while transportation for their clients seems to be a consistent challenge. Rural areas further were more likely to identify staff recruitment and retention a challenge, with 5 naming this, while no urban areas named this as a challenge.

In terms of current strengths, 8 respondents of 24 (or 33%) perceived the public and/or government representatives as increasingly understanding the serious nature of domestic violence. They noted that it is being better addressed by newly developed specialized programs, and some commented about the positive nature of the discussion throughout the Provincial Roundtable on Family Violence and Bullying discussions. One respondent commented that in the past, the justice community was less aware of domestic violence and less likely to engage in discussions on domestic violence with community representatives. Calgary and Edmonton respondents mentioned the specialized domestic violence courts as helpful (the Homefront docket court in Calgary and full-trial court in Edmonton), with both Lethbridge and Red Deer soon to have specialized courts. While increased public awareness was a consistent strength theme in interviews with representatives, the same or other respondents also indicated this as a key target for improvement, with 7 (29%) identifying a lack of understanding by the public as problematic. One respondent commented about misperceptions, even by professionals, about what services are available for men in the community; another noted that few people are aware that emotional abuse or financial abuse are considered forms of violence. It is notable that eight respondents identified prevention services and/or public education as a gap, with two of these highlighting the importance of dating violence prevention and healthy relationships programs for teens.

With respect to their own programs, all of the counselling agencies considered that they were working productively with their own clients, or in the more prevention focused agencies, on behalf of clients. Of these, eight noted their research-based outcomes demonstrate the efficacy of their efforts, with three mentioning that the recidivism rates for abusive male clients had decreased. Additionally, five respondents, all from urban centres, noted that the quick access to their own programs was positive and an improvement over past practices. In this area, agencies tended to name their own unique services as strengths. One respondent, for example, perceived the advocacy work they do with clients a strength; another noting the feminist model they use as positive, with others naming that they work with the whole family as a strength.

The lack of resources for individuals leaving abusive situations was a consistently noted problem, or challenge in their own work, with 11 (46%) respondents listing this as problematic. As with the shelter respondents, others noted that the lack of affordable housing and the scarcity of second stage shelter beds is problematic for those who hope to leave abusive relationships. As noted by the recent survey of the Alberta Council of Women's Shelters, victims of violence may remain in abusive situations because they lack the finances to leave, and/or lack alternative safe and affordable housing. The following is a quote from that research:

Twenty shelters reported that 50% to 100% of their clients need to access second stage housing and the majority are turned away. In Edmonton alone there are 110 emergency beds, but only 20-second stage apartments. Many women are also referred to local housing authorities, some of which give families affected by domestic violence top priority. However, most housing authorities have thousands of people on a waiting list and it could be months before a suitable home is available. Lack of affordable housing is one of the top reasons women return to abusive relationships. (ACWS, media release March 3, 2004)

Of the counselling specific agencies, four identified the challenge of working with clients who have both experienced domestic violence and have current addictions and/or mental health

issues. With respect to the latter, one respondent mentioned that because mental health resources are so scarce, clients who have experienced abuse are presenting at domestic violence agencies when they might be better served by professional with mental health expertise. Also among counselling specific agencies, four respondents noted that working with child welfare referred clients, or communicating with child welfare, is challenging at times. For example, one interviewee noted that the clients may not always be fully aware of why they have been referred, and/or that it is difficult to attain or maintain communication with child welfare representatives. Of the rural areas, one noted that child welfare workers "burn out" quickly and are overburdened with cases; another commented that it would be beneficial for such families to have an advocate.

Lack of safe visitation/supervised visitation facilities was named by five respondents as a difficult and potentially dangerous gap. Only one designated agency exists at present in the province, located at YWCA of Sheriff King Home and Family Violence Prevention Centre in Calgary. A recently completed evaluation of the programs highlighted the value of offering safe visitation and monitored exchange to separated couples where domestic abuse had occurred (Tutty, Jesso & Barlow, 2004).

Legal barriers or access to legal resources, the legal community's understanding of domestic violence were noted by 7 (29%) respondents, both a challenge for their clients as well as a possible gap in services. Specific issues included female victims of violence having difficulty in obtaining affordable and/or adequate legal assistance. While most agencies distribute information and/or make appropriate referrals, clients generally have great difficulty navigating legal systems when getting court orders, as well as lacking support when testifying or going to court on domestic violence matters. One respondent noted that in Alberta, there are few service providers with legal expertise combined with knowledge of domestic violence, and, in addition, knowledge of Aboriginal and/or immigration issues. Aboriginal women often face unique challenges in leaving reserves and the impact on their legal status similar to the concerns of immigrant women who may be faced with deportation or complications to their landed immigrant status if their assaultive partner is also their sponsor.

5.0 Summary of Issues Cited by Shelters and Domestic Violence Agencies

This section documents the strengths, challenges and gaps identified by both shelter representatives and those from domestic violence specific agencies.

5.1 Strengths of Alberta's Domestic Violence Shelters and Programs

Community Collaboration – This area was identified by 22 of 24 agency representatives as a positive in their work, and also by 21 of 40 (52.5%) of shelter directors in the province. In combination, two-thirds (43 of 64 or 67%) of the interviewed representatives identified this one aspect that is currently working. As noted previously, agencies identified that collaborations with other organizations allowed them to better identify and work with gaps, reduce duplication of services, more appropriately refer their own clients, and jointly share resources to the betterment of the community. Urban centres were more likely to name this as an asset in providing a more united, consistent service, while smaller centres utilized collaboration to create programs or to provide services that would not exist otherwise, such as school prevention programming.

Work with/for populations affected by domestic violence – 23 of 40 (57.5%) shelter directors and all other representatives from agencies identified their efforts as a strength in addressing domestic violence. Note that this was not a direct question in terms of asking respondents if their services were working well, but a theme that emerged in the interviews.

5.2 Challenges for Alberta's Domestic Violence Programs

Funding – This issue was noted by 32 of 40 shelter respondents (80%), and 19 of 24 other agencies (79%) as challenging. Again, shelter and other agencies alike were more likely to point to lack of sustainable funding as problematic, in addition to the necessity of re-applying for funding on a yearly basis, often for programs that have demonstrated effectiveness for considerable lengths of time. One shelter respondent noted that great effort goes into receiving funding for basic shelter necessities and operating costs, such as household items and food. This request must be made and justified yearly for necessities that, without which, the shelter would not be operational. Both shelters and agencies noted that new programs are sometimes more likely to be funded.

Shelters representative especially commented that their funding requirements change often, especially those in rural settings where regional boundaries have moved in recent years. One director noted that while they are at capacity at all times and are the only shelter in a large area, their funding was recently cut by $60,000 a year. Another director commented that FCSS was a funder but no longer seems to support funding shelters. Some shelter respondents highlighted the importance of outreach, especially in rural sites covering large geographic areas. While outreach programs are generally combined with follow-up services, it is no longer funded at all or the position must be partially fundraised for in the community.

Another participant commented that second stage shelters are consistently under-funded. While they, too, provide programming for women and children, including outreach at times, and their serve women and children for longer periods than emergency shelters (up to several months), they must compete for the same funding dollars as emergency shelters. Of the 40

shelter directors interviewed, funding sources were not consistent, and respondents indicated that writing funding proposals comprises a large portion of their workload.

Lack of Resources – Shelter respondents were more likely to specify lack of affordable housing for women leaving abusive situations, poor SFI rates (38%), and lack of second stage shelters (47.5%). Other agencies were more likely to identify a general lack of resources as problematic for those leaving abusive situations (11 of 24 or 46% named lack of resources specifically. This makes sense in the context that shelters work directly with women in transition from abusive relationships and are more likely aware of the specific barriers most relevant to these women and children.

Marginalization/Lack of Culturally Appropriate Resources – This area was identified by 14 shelter respondents (35%), and 10 of 24 (42%) of other agency representatives. Both identified the lack of Aboriginal-specific programming, and difficulties delivering services in first languages to increasingly diverse cultural groups in the province.

Rural Areas and Domestic Violence – Both shelters and agencies in rural centres highlighted problems specific to living in remote area of the province. Of these, transportation presented as a frequent problem that creates significant barriers to accessing services, difficulty providing assistance to clients in the large and remote areas served by these agencies and shelters, problems maintaining anonymity and safety, as well as a general denial of the importance of domestic violence. Of the rural shelters, 10 of 20 (half) considered this a problem. Nine respondents from other agencies, including middle-sized urban and rural centres, also noted this.

5.3 Gaps in Alberta's Services for Those Affected by Domestic Violence

Lack of Men's Resources – This issue was identified by 8 of 24 (33%) of the domestic violence agencies, while the lack of batterer intervention programs specifically was mentioned by 13 of 26 (50%) of the shelters from middle-sized urban and rural areas. Agency representatives from the large urban centres did not identify this as a gap. However, 3 of 14 (21.4%) of the shelter representatives in these large urban areas perceived a lack of crisis intervention services for men.

Lack of Children's Services – 5 of 14 (35.7%) of the large urban shelter directors named this as a gap, while 12 of 24 (50%) of other agency responses pointed to lack of programming for children or adolescents, seven naming children's services and five mentioning programs for adolescents. As noted in the listing of children's services, few programs exist in the province for children exposed to and/or experiencing abuse, with tow in Calgary (neither specific to Aboriginal children), and an apparent lack of programming for adolescents. Of note, middle-sized urban and rural shelter respondents also were concerned about the lack of children's services, but were more likely to include these in their description of the lack of services in general, including counselling for families, youth, mental health, and addictions.

Lack of Safe Exchange/Supervised Visitation Facilities – Identified more by shelter respondents at 13 of 40 (32.5%), while other agency representatives, 5 of 24 (20.8%) named this as a gap. Of note, half of all rural shelters in the province mentioned this as a gap. The previously

noted concern from rural areas with respect to attaining or maintaining safety through anonymity may relate too developing safe visitation centres.

5.4 Summary and Conclusions

Alberta is a diverse province with a rich and varied resource base. Its most precious resources is its citizens, many of whom are impacted by violence that is hidden within the privacy of their homes and perpetrated by family members who should be protecting rather than abusing them. Domestic violence affects not only the individuals impacted by the abuse, but their colleagues at work, members of their extended family: all those with whom they have daily contact. The cost is not only detrimental to the future of the individuals but, from a purely monetary perspective, is a financial burden to the health, justice, educational, and social assistance systems in Alberta.

The services developed to address and prevent domestic abuse in Alberta are impressive. The shelter network spans the province and in most communities, the shelter is considered an essential resource not only in responding to domestic violence crises, but in providing training for non-domestic violence personnel and public education to children and adolescents in schools. The shelters have adapted to their diverse communities, from large urban to small and remote areas. Most have been pro-active in meeting the perceived needs of their clients, not just the core of sheltering and safety. This has resulted in important innovations such as follow-up programs that accept that the crisis is not over after a three week shelter stay, and in outreach to assist women who may never reside in a shelter but need help with seriously abusive intimate relationships all the same.

Shelters in the large cities have been central in community coordinated responses to domestic violence and have assisted in developing or moving programs outside the shelter into the neighbourhoods where they are more readily accessible. In smaller remote areas shelters are often the only domestic violence resource in town, serving spread-out and sparse populations. While sheltering abused women is the priority for most, they have needed to advocate for their clients in different ways and provide considerable training and education to raise the general awareness about the serious nature of abuse in families.

In Alberta's two major cities the range of services beyond shelters is impressive, with programs for most family members affected by domestic violence: women, children, men and adolescents. However, simply having the service is not sufficient: waiting lists must be short enough so that those in crisis are served as quickly as possible. While the breadth of offerings looks impressive, the key is whether they are readily accessible. A case in point is that with the advent of Homefront, Calgary's specialized docket court with the goal of early intervention by court mandating perpetrators to treatment, extra funds were needed to increase the number of man's treatment groups offered. The more we raise the public profile and expand the system response to domestic abuse, the more strain on the already existing agencies, without an infusion of additional finances to extent and increase programming. Furthermore, as noted by our respondents, community collaboration is a time-consuming and lengthy process: individuals move on, enthusiasm wanes and burn-out ensues. Despite past successes we are all still learning how to keep coordination fresh and meaningful.

The domestic violence communities in Alberta's two largest cities, Edmonton and Calgary, have created a number of innovative programs or unique approaches. The Action Committee against Violence (ACAV) has successfully facilitated and coordinated the large numbers of Calgary domestic violence specific agencies in numerous initiatives for the past ten years. Among its most prominent programs are the "Turn off the Violence" campaign for schools, and the Calgary Domestic Violence Committee protocol project that saw 64 agencies and medical facilities adopt and train their staff in domestic violence. Another successful ACAV venture was the Youth Violence Prevention Coordinator who worked with school and violence prevention programs alike to promote best practices and identify important gaps such as programs for junior high school student.

The Safe Visitation and Monitored Exchange program situated at the YWCA of Calgary Sheriff King Home, for children whose parents need supervision during custody and access visits, is the first in the province. Edmonton's model of joint spousal violence social worker and police teams have been utilized across Canada, Winnipeg to name only one site. Calgary and Edmonton have different yet intriguing models of providing shelter to abused seniors. Calgary Counselling's "Responsible Choices for Women" groups for women who abuse partners or children and the support groups for men abused by intimate partners offered by the City of Edmonton Community Services were not only developed at a time when few such services existed, but remain exemplar programs.

The shelter and specialized domestic violence programs in the middle-sized urban centres are at the cusp of an expansion, with both Red Deer and Lethbridge instituting specialized domestic violence courts. Services such as batterer intervention programs are less available or entirely lacking at present. Not only will financial support be necessary, but training for a number of staff who may not have received formal education with respect to understanding family violence or dealing with perpetrators. They can learn much from the longer established programs, especially those with completed evaluations.

The smaller centres in more remote regions of Alberta have a substantially greater number of gaps and challenges than documented by the urban centres. Basic services that large centre may take for granted such as access to mental health and health, can be difficult to access in remote centres. The shelter in those communities often has the major responsibility for programming for women and children, but programs for the perpetrators of abuse are typically missing. The Drayton Valley community is an example of one small site that has impressively taken on the challenge of developing the needed services even though they are geographically isolated. Finding ways to initiate such enthusiasm and dedication is key to creating similar service delivery in communities of a similar size.

The mission of most domestic violence agencies is frequently to eliminate domestic violence. While a vision is important, most of us find ourselves still needing to raise awareness of the consequences of such abuse. The more the general public and formal systems address the issue, the more individuals will come forward and disclose. Such awareness has the potential to prevent domestic violence in future generations. However, at present, we must not expect that the incidence and prevalence of domestic abuse in Alberta will decrease substantially in the near future. As people become aware that others consider such behaviour reprehensible if not illegal,

more, not fewer are likely to disclose. With accessible and appropriate assistance, not only they, but their children may create violence-free lives.

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Appendix I: Environmental Scan Interview

Specialized Family Violence Programs

1. Describe your agency and whom you are mandated to serve.
2. Describe your specialized domestic violence service(s) (if different from above) and how well it is working.
3. Have you conducted any evaluations/research on your program/service? (If yes, ask for a copy)
4. What is currently working well in offering services to those impacted by family violence (assaulted women, children and men) in your community? In your region?
5. Are there special or unique problems in offering services or addressing the needs of those impacted by domestic violence in your community? In your region?
6. What other services are available to address the needs of those impacted by domestic violence?
7. Are there significant program gaps in your community? i.e. safe exchange/supervised visitation? Others?
8. Are you aware of any best practice models in addressing the needs of those affected by domestic violence? What would you need to implement this model in your community?
9. What family violence **prevention education programs** are available in your community? Your region? How well are these working?

Services for Sexual Assault/Abuse Victims

1. When an individual in your region is sexually assaulted, what services are available to address their needs?
2. Are there special or unique problems in offering services or addressing the needs of sexually assaulted individuals in your community? In your region?
3. What sexual abuse/assault **prevention education programs** are available in your community? Your region? How well are these working?

Services for Child Abuse/Sexual Abuse Victims

4. When a child in your region is abused, what services can she/he and the family access?
5. Are there special or unique problems in offering services or addressing the needs of child abuse victims in your community? In your region?
6. What child abuse **prevention education programs** are available in your community? Your region? How well are these working

Community Context

1. How connected is your organization/service with other service providers in the community to address:
    1 Intimate partner violence?
    2 Child sexual abuse/abuse victims?
    3 Adult sexual assault victims?
    4 Victims of historical abuse?
2. Is there a coordinating body? Is this volunteer? Funded?
3. What family violence training is available to service providers in your community?
4. Has there been DV protocol development? If yes, are these being utilized?

5. Are there significant gaps in the services available in your community to assist those impacted by DV (i.e. safe exchange for children? Shelter beds?)
6. How does your organization/service work with the justice system including the police and crown prosecutors?
7. Is the provincial civil legislation (PAFVA) being used? If yes, how well is this working? If, no, why not?
8. Do your clients generally know where to get information about:
    1 legal services; rights; protection orders
    2 support/counselling services
    3 Information about domestic violence
9. If not, how could such knowledge be more available?

Challenges and Successes

1. What were the three greatest challenges faced by your organization/service in the past five years?
2. What were your organization's three greatest successes in the past five years?
3. Challenges for the future (if different from above?)

Appendix II: Interviewees from Alberta Domestic Violence Programs

- Action Committee Against Violence (ACAV) in Calgary
- Brighter Futures, High Prairie
- Calgary Counselling Centre
- Calgary Immigrant Women's Association - Family Conflict Program
- Central Alberta Women's Outreach Society, Red Deer
- City of Edmonton Community Services
- Changing Ways offered by the Edmonton Family Violence Treatment, Education and Research
- Crowsnest Pass Women's Resource and Crisis Centre
- Distress Centre/Men's Line Calgary
- Drayton Valley Family Support and Intervention Program, Drayton Valley
- The Family Centre of Edmonton
- FCSS, Athabasca
- FCSS, Canmore
- FCSS, Whitecourt
- Family Wellness Centre, Wetaskiwin – (Aboriginal programming)
- Flagstaff's Initiative to Relationship and Spousal Trauma, Flagstaff
- John Howard Family Violence Prevention Centre, Edmonton
- John Howard Society, Grande Prairie
- Lethbridge Family Services, Lethbridge
- Men's Crisis Services, Calgary Women's Emergency Shelter
- Native Counselling – (Aboriginal programming) in Edmonton
- Native Friendship Centre (Aboriginal programming) in Edmonton
- Partner Support –Probation Services in Calgary
- Peer Support Services for Abused Women in Calgary
- Sunrise Native Addictions Services in Calgary
- St. Albert SIAF Society
- YWCA of Calgary Sheriff King Home
- YWCA of Edmonton

Appendix III: Alberta Programs and Services by Population Served

Counselling for Men who Abuse Intimate Partners

- "Brighter Futures", High Prairie – anger management groups: an inter-agency collaboration
- "Changing Ways", group for men who are or have been in abusive relationships, Edmonton Family Violence Treatment, Education, and Research
- Drayton Valley Family Support and Intervention Program, Drayton Valley.
- The Family Violence Action Society (FVAS): Camrose. Changing Ways and Choices are also led by two facilitators. Changing Ways is designed primarily for men who have been abusive towards their partners (pg66)
- New Perspectives Program for Men: Lloydminster Interval House
- "Men Dealing with Their Abusive Behaviour", The Family Centre, Edmonton: open-ended domestic violence specific groups.
- "New Start", Family and Community Support Services (FCSS), Whitecourt
- "Paths of Change" YWCA Family Violence Prevention Centre, Calgary. Phase I and II programs. Phase I is 6 weeks, Phase II is 12 weeks.
- "Responsible Choices for Men", Calgary Counselling Centre: 14 week counselling group for men who are abusive to partners.
- "Renaissance Program (Helping men move beyond their abusiveness)" John Howard Society, Grande Prairie.
- "Men's Crisis Service" of the Calgary Women's Emergency Shelter (CWES). This program's purpose is to increase women's safety by providing immediate counselling for their partners when the women enter an emergency shelter. The program also has a partner support component where a counsellor provides support to the partners of those accessing the Men's Crisis Program.

Group Counselling for Men Abused by Intimate Partners

- "Turn for the Better", a 14 week-group therapy programs for men who identify themselves as victims of violence, Calgary Counselling
- "Men who have been Abused by their Female Partners", The Family Centre, Edmonton.

Aboriginal Programs/Group Counselling for Men in Alberta

- "Strengthening the Spirit" YWCA Sheriff King
- FLIP (Family Life Improvement Program), Native Counselling, Edmonton
- Aboriginal Consulting Services, Edmonton, A pilot program for men who have been abusive
- "Crow" group – out of Sunrise Native Addictions Centre, Calgary

Other Non-violence Specific Resources for Men

- Distress Centre/Men's Line, Calgary – A 24 hour crisis line manned by trained volunteers for men experiencing stress that may or may not involve domestic violence, as well as access to individual counselling and/or referrals.

- "Men's Support Group" Lethbridge Family Services, Lethbridge
- Family Wellness Centre, Wetaskiwin (near Ermineskin Women's Shelter), individual and relationship counselling for men.
- FCSS, Athabasca – individual support and referral
- FCSS, Canmore – individual support and referral
- Flagstaff Relationship and Spousal Trauma
- Men's Group, Calgary Family Services. This 12-session group for men of all ages provides an opportunity to talk about personal and family issues that normally aren't discussed or dealt with in day-to-day life.

Alberta Domestic Violence-Specific Counselling for Women in Alberta

Most shelters in the province provide group counselling for women, many of which are open to members of the community as well as shelter residents. The following programs are primarily offered in group format:

- Aboriginal Consulting Services, Edmonton
- "Brighter Futures" High Prairie, anger management groups.
- "Domestic Violence Education and Support Group", Central Alberta Women's Outreach Society, Red Deer. An eight week program that provides education and support to women who are, or have been involved in abusive relationships.
- Drayton Valley Family Support and Intervention Program, Drayton Valley.
- "Growth Circles": Peer Support Services, Calgary. For women who have left, or are in the process of leaving, an abusive relationship. Growth Circles take place in neighbourhoods throughout Calgary. The groups may be offered in different languages and some are designed for lesbian and bisexual women.
- "Healing Journey", a therapy group for women who are or have been abused in an intimate relationship. Lethbridge Family Services, Lethbridge
- Indo-Canadian Women's Association, Edmonton. Outreach, individual, and group counselling for those dealing with domestic abuse situations, particularly those in the East Indian or South Asian communities of Edmonton
- John Howard Family Violence Prevention Centre in Edmonton. Outreach program for women who are in the process of leaving domestic abuse situations/relationships, or dealing with abuse in their lives, serving all populations in the Edmonton community
- "Moving Beyond Abuse". The YWCA of Edmonton has a three phase psycho-educational support group that focuses on personal growth and is geared towards women who want information, protection and the support necessary to achieve an end to the abuse in their lives. Each group builds on the information and self exploration of the previous group. Groups meet weekly for 2 ½ hours for a 10-12 week period. Phase 1 – Moving Beyond Abuse phase 2 – Self Awareness; Phase 3 – Anger Management Conflict Resolution.
- "Nexus Program", John Howard Society of Grande Prairie (for women who identify themselves as abused or abusive).
- "Paths of Change": YWCA of Calgary Family Violence Prevention Centre and Sheriff King Home, Calgary. Phase I and II programs. Phase I is 6 weeks, Phase II is 12 weeks. Group counselling focusing on healing from the effects of abuse, providing education and

support about abuse, for women who have been in abusive situations and also for those who may identify themselves as abusive.

- "Stop Abuse in Families" (S.A.I.F.) Society, St. Albert. Groups are offered in three phases; the first two phases run for 12 weeks. The third phase offers monthly support and follow-up.
- "You Are Not Alone", Calgary Counselling Centre. A 14 week group counselling and support program for women who are presently involved in, or have been involved in, an abusive relationship.
- "Women Abused in Intimate Relationships", The Family Centre, Edmonton. An open-ended group for women aged 18 and over.

Alberta Services for Women Who Are Abusive to Intimate Partners

- "Responsible Choices for Women", Calgary Counselling Centre. A 14 week counselling group for women who identify as abusive to partners or children or are court mandated to attend treatment.
- "Nexus Program", John Howard Society of Grande Prairie (For women who identify themselves as abused or abusive)
- "Eagle Circle for Women" Sunrise Native Addictions Society, Calgary, for women who identify aggression as a problem.
- "Paths of Change," YWCA Family Violence Prevention Centre and Sheriff King Home. Phase 1 and Phase 2 group programming for women who may identify themselves as abusive, and/or who may be mandated to attend treatment by court or others.
- "Women who have been Abusive to Their Male Partners". The Family Centre, Edmonton.

Alberta Services for Women Sexual Abuse/Assault Victims

- Calgary Communities Against Sexual Abuse (CCASA)
- The Crisis Centre: Red Deer
- Fort McMurray Sexual Assault Centre
- Lloydminster Sexual Assault and Information Centre
- P.A.C.E. Sexual Assault Centre: Grande Prairie
- The Sexual Assault Centre of Edmonton (SACE) (pg76)
- Strathcona Sexual Assault Centre: Sherwood Park (Safe Talk, Drawing the Line)
- Adults Molested as Children (AMAC I) Group: Ed. (SACE)
- The University of Alberta Sexual Assault Centre

Other Resources for Women

- Crowsnest Pass Women's Resource Centre
- Family Conflict Program, Calgary Immigrant Women's Association
- Family Wellness Centre, Wetaskiwin
- Flagstaff, Initiative to Relationship and Spousal Trauma
- FCSS, Canmore – individual support and referral
- Partner Support, Calgary – provides support and referral, a phone service composed of volunteers in partnership with Calgary Probation services, this to do victim contact.

- "Women's Outreach Program," FCSS, Athabasca

Counselling for Children Exposed to Domestic Violence

Note that many Alberta shelters for women provide some form of in-shelter programming for children exposed to abuse and/or have children's counsellors. Some shelters also offer groups to children who are not currently or have never been shelter residents.

- Aboriginal Consulting Services, Edmonton.
- "Choices," YWCA Family Violence Prevention Centre and Sheriff King Home, Calgary, a group program for adolescent girls.
- Drayton Valley Family Support and Intervention Program, Drayton Valley, group programming specifically for adolescents.
- "Families and Schools Stopping Abuse" (FASSA), YWCA of Calgary Family Violence Prevention Centre and Sheriff King Home. This is a school based group counselling program for elementary school children and parents who have witnessed or experienced family violence.
- "Kids' Choices": Family Violence Action Society, Camrose. For children between 6 and 12 who have been exposed to spousal abuse within their home environments.
- "Live and Learn", John Howard Society, Grande Prairie.
- "Paths of Change," YWCA Family Violence Prevention Centre and Sheriff King Home, Calgary.
- "New Directions", S.A.I.F. Society, St. Albert, in partnership with Aboriginal consulting Services Association of Alberta, St. Albert Parents' Place Association and Edmonton Family Violence Treatment, Education and Research Centre (Changing Ways). This program focuses on children, youth, and their parents who have experienced spousal abuse. It provides them with group support and education about abuse. The parents are also provided with gender-specific groups that include a parenting component.
- "Silent Witness" (Ending the Cycle of Abuse)" offered by the YWCA of Edmonton. This ten-week group program is for children/adolescents aged 5-14 who have witnessed/experienced domestic abuse. The groups focus on attitudes and response to anger, knowledge of safety skills, and a sense of responsibility for parents and for the violence. The program includes a parallel parent/guardian segment to assist in understanding the impact of family violence on children and in developing healthy parenting strategies that runs simultaneously.
- Transition and Changes: A Group for Children Who have Witnessed Violence in the Home: The Family Centre in Edmonton.
- The Wonder Kids: Lethbridge Family Services.

Counselling for Child Sexual Abuse Victims

- Catholic Family Services Abuse Treatment Program, Calgary
- Child Abuse Service: Alberta Children's Hospital in Calgary
- Powerades: Lethbridge Family Services
- Zebra Child Protection Centre Edmonton

Prevention Programs and Public Education

Most of the above-noted agencies in Alberta, particularly shelters, provide some form of public education, including presentations on the dynamics of domestic violence, as well as providing resources for supports. Many also work with the schools and colleges in their area, presenting material on bullying as well as healthy relationships. Some of these programs include:

- Alberta Alternatives to Violence Educational Program for Youth (AVEPY): A unique two day workshop offered to grade seven students in Calgary. The workshops focus on conflict resolution, communication skills, respect for self and respect and caring for others.
- Alberta Civil Liberties Research Centre, University of Calgary, as part of their anti-harassment initiatives developed a teacher-offered curriculum that focuses on sexual assault & harassment in Grades 6 through 12.
- Count on Me!: Calgary Family Services. Works with schools to address bullying by changing the climate that supports such abuse.
- Crowsnest Pass Women's Resource Centre does most of its work in public education, 80% on domestic violence.
- "Dare to Care", Calgary Family Services offers a bullying and conflict resolution programs to Calgary schools.
- "Dare to Care–Bullying Awareness and Prevention (BAP) Program", Medicine Hat: This education program is intended to foster awareness in identifying bullying behaviour and to promote effective prevention and intervention strategies. A trained instructor delivers (up to) three sessions per class, available to all schools in the Palliser Health Region.
- The Dare to Care program in Calgary provides a comprehensive approach to dealing with bullying in school communities and helps create an environment where all children feel safe. It is offered in at least 24 rural areas in Alberta such as Bassano, Brooks, Caribou Lake, and Drumheller. http://www.daretocare.ca/
- Drayton Valley Family Support and Intervention Program provides public education in the community of Drayton Valley, as well as out of the community.
- "Expecting Respect", A Peer Education Program in Edmonton focuses on dating violence, bullying in Grades 6 to 12. Students are trained to make classroom presentations to their peers. In the first 4 years of operation, Expecting Respect has trained 450 peer educators from 40 schools who have, in turn, presented to over 35,000 students in the Edmonton area.
- Family Wellness Centre, Wetaskiwin offers an anti-violence program to school.
- FCSS, Canmore does work in the schools as well on handling conflict without violence, and has a parenting centre in the community. Also provides support groups for families, which may address components of domestic violence, as well as provides individual support and referral, with specific parenting programs as well.
- "Head Start" violence prevention programs, is a project of the Native Friendship Centres is included in several Alberta schools; parenting groups are also accessible through several of these agencies.
- "Non-Abusive Futures", a program of the Calgary Women's Emergency Shelter, offers school-based dating violence programs. It serves adolescents aged 15 to 18 who are at risk of perpetrating abuse in their interpersonal relationships.

- "Puppets for Peace" from Project Ploughshares Calgary is a bully proofing drama project for Grades 1, 2 and 3 students.
- Respect ED. Violence Prevention Program: Canadian Red Cross throughout the province. Offers a number of violence prevention programs on child abuse, dating violence, bullying.
- Safe and Caring Schools (SACS) developed by the Alberta Teachers' Association (ATA), Edmonton, focuses on bullying and conflict resolution, harassment, respecting diversity. This teacher-offered classroom curriculum for grades kindergarten to Grade 12, offers a school-wide approach that addresses school culture change.
- Sexual Assault Prevention Education (The University of Alberta Sexual Assault Centre)
- Taming the Dragon" is a school based prevention program out of Brighter Futures in High Prairie. The agency also does parenting work, including individual parenting work.
- The Women's Outreach Program out of FCSS in Athabasca, partners with school liaisons and also with AADAC.
- "Women Hurting Women," workshops educate service providers about the existence and dynamics of same sex intimate partner abuse, Calgary.

Services for Abused Seniors

- Seniors' Abuse HelpLine: The Support Network in Edmonton
- Elder Abuse Intervention Teams, Edmonton Police Services
- Elderly Adult Resource Services Program, Edmonton
- Older Women's Long-term Survival (OWLS) associated with the Calgary Women's Emergency Shelter, offers four different group experiences to women 50+ years of age. OWLS help participants deal with the long-term effects of domestic violence that may be related to an ongoing situation or abuse that occurred previously in their lives. Three groups meet weekly and the fourth is offered once a month. The latter group incorporates a support component and guest speakers from various community-based agencies.
- YWCA of Edmonton Services for Seniors Impacted by Abuse: Peer support, public education and individual counselling.

Unique and Other Specialized Domestic Abuse Services in Alberta

- Action Committee Against Violence (ACAV), Calgary. Does not provide direct service with clients dealing with abuse, but a coordinating body for other domestic violence services in Calgary, much of its work is in the area of public education/prevention efforts, including the "Turn off the Violence" week and development of resource manuals for service providers.
- Calgary Coalition on Family Violence: This coalition of several Calgary agencies invested in addressing domestic violence advocates for the advancement of the needs of immigrant and refugee populations who may be dealing with domestic violence
- Community Initiative Against Family Violence (CIAFV), Edmonton. A community coordinating organization composed of more than 50 services/agencies.
- "Community Safe Visitation" situated at the YWCA of Calgary Sheriff King Home. Safe Visitation provides a safe and comfortable setting for both supervised visits and monitored exchanges for families where domestic violence and/or abuse have been issues.

- "Mamowichihitowin" Program: Hilton Friendship Centre
- "Responsible Choices for Children and Parents", Calgary Counselling Centre is a fourteen week program in which participants will discuss anger, aggression and violence and its impact on the family and the individual. This program targets children between the ages of three and fourteen who are abusive or aggressive at home or at school. Children are separated into appropriate age related groups. One parent is required to attend a simultaneous program to learn how to support the changes their child is making.

Appendix IV: Programs for Domestic and Sexual Violence by Alberta Region

This appendix provides information on Alberta programs that address domestic and sexual violence by region across the province. A brief summary of the services are documented as well as contact information (including web-sites where available) Within each region, services are presented in the following order: shelters, programs for abused women, programs for children that have been exposed to domestic violence, programs for men, elder abuse services, programs that address sexual assault/abuse, general counselling agencies with a focus/programs that address domestic/sexual violence, coordinating agencies and violence prevention programs.

Southwest Alberta: Region #1:

Shelters for Abused Women

Pincher Creek Women's Emergency Shelter
Emergency shelter for women with or without children seeking safety from abusive situations. In-house counselling for women and children are available, as well as outreach and follow-up services. The shelter additionally provides drop-in group counselling for women in the community. Pincher Creek shelter operates two batterer's intervention programs a year, and is involved with public education in the community on domestic violence.
Beds available - 10

Contact information:
Mailing Address: Box 2092,
Pincher Creek, AB T0K 1W0
Crisis phone: 1-888-354-4868
Email: pcwesa1@telusplanet.net
Website: none

Taber & District Family Crisis Intervention Society (Safe Haven)
Emergency shelter provides space to women with or without children, as well as information, support and referral as needed. Follow-up and outreach services are also available. The shelter offers information sessions and groups in the community for abused women.
Beds available - 25

Contact information:
Crisis phone: (403) 223-0483
Email: tabercrisis@hotmail.com
Website: none

YWCA Harbour House: Lethbridge
Emergency shelter for women with or without children seeking safety from abusive situations. Provides a 24 hour crisis line, information, support, and referral services. In-house programming for women and children is available as well as follow-up, outreach services, education and public awareness regarding the impact of family violence.

Beds available - 24

Contact information:
Crisis phone: (403)320-1881
Email: harbourhouse@ywcalethbridge.org
Website: www.ywcalethbridge.org

Women's Programming

Safe Journey Group: Lethbridge
Sponsoring Agency: Lethbridge Family Services
Safe Journey is a twelve (12) week therapy group that welcomes women, who have experienced abuse in their intimate relationships. The group offers women the opportunity to develop and experience a safe community with other women who have also been abused by partners.
Contact information:
Address: 1107- 2nd Avenue "A" North
Lethbridge, AB T1H OE6
Phone: (403) 327-5724
Email: Counselling@Lethbridge-family-services.com
Website: http://www.lethbridge-family-services.com/counseling_therapy.cfm

Crowsnest Pass Women's Resource and Crisis Centre: Blairmore
Provides public education around domestic violence in the community and in area schools. This agency links individuals dealing with abuse to other agencies, shelters, and resources as required, and provides a quick response to domestic abuse issues.

Contact information:
Address: 12849 - 20 Avenue,
Blairmore, AB
Phone: (403) 562-8000

Children's Programming

The Wonder Kids: Lethbridge
Sponsoring Agency: Lethbridge Family Services

'The Wonder Kids' program provides group counselling for children for whom anxiety, worry, and stress are problematic. These may be from the effects of witnessing and/or experiencing abuse in the home. Groups are geared to certain age groups and operate when numbers are great enough. The agency also has child therapists who will see children individually, as well as a family counsellor.

Contact Information:
Address: 1107- 2nd Avenue "A" North
Lethbridge, AB, T1H OE6
Phone: (403) 327-5724

Email: Counselling@Lethbridge-family-services.com
Website: http://www.lethbridge-family-services.com/counseling_therapy.cfm

Powerades: Lethbridge
Sponsoring Agency: Lethbridge Family Services

A twelve week therapy group for adolescents who have experienced sexual abuse.

Contact Information:
Address: 1107- 2nd Avenue "A" North
Lethbridge, AB, T1H OE6
Phone: (403) 327-5724
Email: Counselling@Lethbridge-family-services.com
Website: http://www.lethbridge-family-services.com/counseling_therapy.cfm

General Counselling Agencies with a Focus on Domestic Violence

Lethbridge Family Services
This general counselling agency provides specialized programming in the area of domestic violence.

- Individual men's counselling
- Individual and group counselling for women
- Individual counselling and group counselling for children depending on numbers at any given time.

Contact information:
Address: 1107- 2nd Avenue "A" North
Lethbridge, AB T1H OE6
Phone: (403) 327-5724
Email: Counselling@Lethbridge-family-services.com
Website: http://www.lethbridge-family-services.com/counseling.cfm

Southeast Alberta: Region #2

Shelters for Abused Women

Phoenix House: Medicine Hat
Emergency shelter for women with or without children seeking safety from abusive situations. Phoenix House offers support groups for women and as well as outreach and follow-up counselling. The shelter additionally has children's programming and is involved with batterer's intervention in Medicine Hat. Information, support, and referral services are provided as needed.
Beds available – 18

Contact information
Address: 631 Prospect Drive SW,
Medicine Hat, AB T1A 4C2
Crisis phone: 1-800-661-7949/(403) 529-1091
Email: pshouse@monarch.net
Website: none

Brooks & District Women's Emergency Shelter
Emergency shelter for women with or without children coming from abusive situations. The shelter assists women with information, referrals as needed, and support in leaving abusive relationships.
Beds available - 10

Contact information:
Mailing Address: Box 1045,
Brooks, AB, T1R 1B8
Crisis phone: (403)793-2232
Email: bdwsss@eidnet.org
Website: none

Prevention Programs

Dare to Care-Bullying Awareness and Prevention Program (BAP): Medicine Hat
Sponsoring Agency: John Howard Society of Medicine Hat

This education program is intended to foster awareness in identifying bullying behaviours as well as to promote effective prevention and intervention strategies. The BAP Program uses a trained instructor to deliver (up to) three sessions per class, available to all schools in the Palliser Health Region. Additional in-service information sessions are available to school personnel, parent and community groups to identify and deal with bullying.

Contact information:
Address: 208 - 535 3rd Street S.E.
Medicine Hat, AB T1A 0H2
Phone: (403)526 5916

E-mail: mhjhs@telusplanet.net

Calgary and Area: Region #3

Shelters for Abused Women

Awo Taan Native Women's Shelter: Calgary
Emergency shelter for women with or without children seeking safety from abuse, support for First Nations' population and others. Provides outreach and follow-up counselling, as well as in-house women's programming and children's programming. Counselling is provided with a focus on Aboriginal healing concepts, and Elders may be involved with counselling. Provides information, support and referral, with an emphasis on healing and wellness.
Beds available - 27.

Contact information:
Mailing address: Box 6084, Calgary South PO,
Calgary, AB, T2H 2L3
Crisis line: (403)531-1972
Email: awotaan@shawlink.ca
Website: none

Brenda Strafford Centre for the Prevention of Family Violence
Second stage shelter with apartments for women with or without children coming from abusive situations. In-house groups for women and children are provided, as well as follow-up and outreach counselling. Shelter staff will help women to connect with additional resources as needed, and facilitate secure transition into the community.
Beds available – 23 apartments

Contact information:
Phone: (403) 270-7240
Email: brendastrafford@shaw.ca
Website: none

Calgary Women's Emergency Shelter

Emergency shelter for women with or without children seeking safety from abuse. The shelter includes a 24 hour crisis line, extensive outreach and follow-up counselling in the community, as well as women's and children's programming. Programs geared specifically to men, older women, and adolescents also operate out of CWES. This shelter also has a TTY line and facilities specifically geared to those with disabilities.

- Emergency shelter for women with or without children seeking safety from abuse
- Follow-up counselling for women who have stayed in the shelter
- Outreach counselling for women who may not be residents at the shelter
- This shelter also houses a 'resource counsellor' position shared by all other Calgary shelters.
- In-house women's programming as well as children's groups are also operated on site

- Extensive public education in the community on domestic violence issues
- Men's Crisis Services are available to men involved with domestic abuse in a group format or individual.
- Non-Abusive Futures program run out of several Calgary schools for adolescents
- Elder abuse counselling program for women

Beds available - 35

Contact information:

Crisis phone: (403) 232-8717
TTY: (403) 262-2768
Administration phone: (403) 290-1552
Email: info@cwes.calgary.ab.ca
Website- www.calgarywomensshelter.com

Community Crisis Society: Strathmore

Emergency shelter for men and women with or without children coming from situations of abuse. Follow-up and outreach counselling are available as well as women's programming in the community. This shelter also partners with AADAC in Drumheller two times a year for batterer's intervention groups. The shelter further provides information, support, and referral, and is actively involved with public education about domestic violence in the community.
Beds available - 17

Contact information:

Mailing address: PO Box 2162,
Strathmore, AB, T1P 1K2
Crisis line: (403) 934-6634 or 1-877-934-6634
Email – none
Web site - none

Eagle Women's Emergency Shelter: Black Diamond

Emergency shelter for women with or without children coming from abusive situations. Public education on domestic violence in the community stresses how abuse and violence may uniquely appear in rural areas and farm communities, as well as how to respond, including appropriate resources. The shelter will also provide information, support and referral services, and outreach counselling for women dealing with abuse.
Beds available - 6

Contact information:

Crisis phone: (403) 933-3370
Email: none
Website: none

Discovery House: Calgary

Second stage shelter for women with children coming from abusive relationships with accommodation up to 6 months. The shelter provides in-house programming for women

and children, also follow-up counselling, outreach counselling to men and women, as well as one outreach worker for children. Additionally, Discovery House works in schools and operates a teen program.
Beds available – 54 beds, 11 apartments.

Contact information:
Crisis phone: (403) 242-0244
Email: none
Website: none

Kerby Rotary House: Calgary
Senior's shelter for men and women 60 and older who are seeking safety from abuse. Provides information, support, and referral, as well as follow-up and outreach counselling to those seniors dealing with abuse in their relationships.
Beds available - 11

Contact information:
Crisis phone: (403) 705-3250
Email: shelter@kerbycentre.com
Website: http://www.kerbycentre.com/shelter_abused_seniors.php

Sonshine Centre: Calgary
Second stage shelter for women with or without children seeking safety from abuse. Provides follow-up and outreach counselling, children's programming and in-house women's programming to help heal from the effects of abuse. Sonshine also does outreach and public education work with area churches of different faiths on domestic violence. Counsellors provide information, support and referral as needed.
Beds available – 11 apartments

Contact information:
Phone: (403) 243-2002
Email: contact@sonshine.ab.ca
Website: www.sonshine.ab.ca

YWCA of Banff
Safe house for women with or without children seeking safety from abuse. The shelter has a family violence counsellor available who will provide support and referrals as needed, as well as assist women seeking to leave abusive relationships.
Beds available - 3

Contact information:
Crisis phone – 403-762-3560
Email – vaw@ywcabanff.ab.ca
Website – www.ywcabanff.ab.ca

YWCA Sheriff King Home: Calgary

Emergency shelter for women with or without children seeking safety from abuse. The shelter helps women to provide basic needs, provides in-house group programming as well as access to children's counsellors. The counselling within the agency is trauma focused with an emphasis on recovery from trauma related to abuse. Sheriff King also has follow-up and outreach counsellors, family counselling and support for women dealing with legal systems. The YWCA of Calgary Sheriff King Home also offers a number of programs for community-based men, women, and children in both individual and group formats.

- Emergency shelter for women with or without children coming from abusive situations.
- Follow-up counselling to women who have stayed in the shelter, and follow-up counselling for children
- Outreach counselling services to women who may not stay in the shelter at any time
- Outreach family counselling
- Children's programming for children who have witnessed domestic abuse
- Families and Schools Stopping Abuse program based in several Calgary schools
- Choices program for adolescent girls (Equine therapy)
- Parenting programs, both co-ed and men's parenting
- Group counselling for women who have been abused or identify being abusive
- Group counselling for men who have been abusive
- Multi-cultural counselling

Beds available - 38

Contact information:

Crisis phone: (403) 266-0707
Administration phone: (403) 266-4111
Email: sheriffk@ywcaofcalgary.com
Website: www.ywcaofcalgary.com

Youville Women's Residence: Calgary

Second and third stage shelter facility for women without children who have experienced abuse, addictions, as well as mental health problems. Outreach and follow-up counselling are available as well as group programming for in-house and community clients. The shelter's emphasis is on assisting with recovery from the above through individual and group programming, and assisting women with maintaining healthy lifestyles and increasing self-esteem.

Beds available – 18 beds, 4 apartments

Contact information:

Crisis line: (403) 242-0244
Email: ywrsec@telusplanet.net
Website: http://www.greynuns.ab.ca/youville_womens_res.htm

Women's Programming

Family Conflict Program: Calgary
Sponsoring Agency: Calgary Immigrant Women's Association

Family Conflict Program provides individual counselling for women and their families dealing with domestic violence issues, geared to immigrant and refugee women. The program focuses specifically on providing support, as well as facilitating access to appropriate resources as required. This program is also able to provide counselling services in several languages.

Contact information:
Address: First Street Plaza, Suite 200, 138 4th Avenue SE
Calgary, AB T2G 4Z6
Phone: (403) 263-4414
Email: familyservices@ciwa-online.com
Website: http://www.ciwa-online.com/index2.htm

Growth Circles for Women: Calgary
Sponsoring Agency: Peer Support Services for Abused Women

The Growth Circles for Women uses a group format for women who have left an abusive relationship or are in the process of leaving an abusive relationship. This program is offered at various sites in Calgary and may also be offered in different languages than English, as well as designed for lesbian or bisexual women.

Contact information:
Phone: (403) 234-7337

Paths of Change for Women
Sponsoring Agency: YWCA Sheriff King Home

Paths of Change for women abused by intimate partners uses a group counselling format comprised of a 6 week Phase 1 group followed by a more in-depth 12 week Phase 2 group dealing with domestic violence. The program focus is on the effects of abuse and healing from abuse, designed for both victims of violence as well as those who identify themselves as using abusive behaviours. The program is open to both voluntary and mandated women.

Contact information:
Phone: (403) 266-4111
Email: sheriffk@ywcaofcalgary.com
Website: http://www.ywcaofcalgary.com/prevention/adult.html

Responsible Choices for Women Who are Abusive in Intimate Relationship
Sponsoring Agency: Calgary Counselling Centre

Responsible Choices for Women is a 14 week group counselling program for women who use abusive behaviours with intimate partners or children. The group is open to both voluntary clients women mandated to counselling.

Contact information:

Address: Suite 200, 940 – 6 Avenue S.W.
Calgary, Alberta, T2P 3T1
Phone: (403) 265-4980
Email: therapy@calgarycounselling.com
Website: http://www.calgarycounselling.com/programs/family_violence.htm

You Are Not Alone Groups for Women Victims of Violence: Calgary
Sponsoring Agency: Calgary Counselling Centre

The You Are Not Alone program is a14-week group counselling for women who have been abused in an intimate relationship, past or current.

Contact information:

Address: Suite 200, 940 – 6 Avenue S.W.
Calgary, Alberta, T2P 3T1
Phone: (403) 265-4980
Email: therapy@calgarycounselling.com
Website: http://www.calgarycounselling.com/programs/family_violence.htm

Children's / Parenting Programming

Choices: Calgary
Sponsoring Agency: YWCA Sheriff King Home

The Choices group counselling program for adolescent girls focuses on making healthy choices and building positive self-esteem. The program has recently incorporated the use of horses and uses equine therapy as a counselling modality.

Contact information:

Phone: (403) 266-4111
Email: sheriffk@ywcaofcalgary.com
Website: www.ywcaofcalgary.com

Community Safe Visitation Program
Sponsoring Agency: YWCA Sheriff King Home

The Community Safe Visitation program provides a safe and comfortable setting for both supervised visits and monitored exchange for families in which domestic violence presents safety concerns during supervision and exchange of children.

Contact information:

Phone – 403-266-4111

Email: sheriffk@ywcaofcalgary.com
Website: http://www.ywcaofcalgary.com/prevention/adult.html

Paths of Change for Children: Calgary
Sponsoring Agency: YWCA Sheriff King Home

The Paths of Change group counselling is for children ages 4-12 that have witnessed abuse and/or experienced abuse. Concurrent parenting program is available to and requisite for at least one parent while children are in counselling.

Contact information:
Phone: (403) 266-4111
Email: sheriffk@ywcaofcalgary.com
Website: http://www.ywcaofcalgary.com/prevention/adult.html

Responsible Choices for Children and Parents: Calgary
Sponsoring Agency: Calgary Counselling Centre

Responsible Choices for Children and Parents is a group counselling format of 14 weeks for children ages 3 to 14 who may be using aggression at home or school. Participants discuss the impact of anger and aggression and its impact on the family and others. Children are divided into age appropriate groups.

Contact information:
Address: Suite 200, 940 – 6 Avenue S.W.
Calgary, Alberta T2P 3T1
Phone: (403) 265-4980
Email: therapy@calgarycounselling.com
Website: http://www.calgarycounselling.com/programs/family_violence.htm

Men's Programming

Men's Crisis Service: Calgary
Sponsoring Agency: Calgary Women's Emergency Shelter

The Men's Crisis Services provides access to counselling for men on a voluntary basis who have been abusive in a relationship, both individual and group format. The goal of this program is to increase women's safety as well as create changes in attitudes and behaviours for men who have been abusive and break the cycle of violence. The program also offers support to partners if they wish while men are in the program.

Contact information:
Phone: (403) 299-9680
Email: menscrisis@cwes.calgary.ab.ca
Website: http://www.calgarywomensshelter.com/html/programs/mens.html

The Men's Line: Calgary

Sponsoring Agency: The Distress Centre

The Men's Line provides a 24 hour crisis line for men to receive support and information as well as referral and or access to individual counselling at Distress Centre.

- Counselling services – Short term, 6 weeks, the agency will provide longer term referrals if necessary.

Contact information:

Address: #300, 1010 8 Avenue SW
Calgary, Alberta T2P 1J2
Crisis phone: (403) 266-4357
Email: christopherm@distresscentre.ab.ca
Website: http://www.distresscentre.com/DC/mens%20line.htm

Oskayi Kiskionotahn: Calgary
Sponsoring Agencies: YWCA Sheriff King Home, Strengthening the Spirit, HomeFront

Oskayi Kiskionotahn is a group for Aboriginal men, facilitated by a male/female, First Nations team. The program focus is on domestic violence, effects of abuse, effects of residential schooling, and roles of Aboriginal men. Content is geared towards building healthy relationships and self-esteem, as well as breaking the cycle of abuse. The program is 18 weeks in length and situated at YWCA Sheriff King.

Contact information:

Phone: (403) 294-3679 or (403) 266-4111
Email: sheriffk@ywcaofcalgary.com
Website: http://www.ywcaofcalgary.com/prevention/adult.html

Paths of Change for Men: Calgary
Sponsoring Agency: YWCA Sheriff King Home

The Paths of Change group counselling format is first comprised of a 6 week Phase 1 program, followed by a more in-depth 12 week Phase 2 program dealing with domestic violence, open to mandated as well as voluntary men.

Contact information:

Phone – 403-266-4111
Email: sheriffk@ywcaofcalgary.com
Website: http://www.ywcaofcalgary.com/prevention/adult.html

Responsible Choices for Men: Calgary
Sponsoring Agency: Calgary Counselling Centre

Responsible Choices for Men is group counselling for men who have used abusive behaviours in an intimate relationship, program runs 14 weeks and involves individual assessment and counselling prior to the group format.

Contact Information:

Address: Suite 200, 940 – 6 Avenue S.W.
Calgary, Alberta, T2P 3T1
Phone: (403) 265-4980
Email: therapy@calgarycounselling.com
Website: http://www.calgarycounselling.com/programs/family_violence.htm

Turn for the Better: For Men Who are Victims of Violence: Calgary
Sponsoring Agency: Calgary Counselling Centre

Turn for the Better is a 14 week group counselling program for men who identify as being abused by an intimate partner.

Contact Information:

Address: Suite 200, 940 – 6 Avenue S.W.
Calgary, Alberta, T2P 3T1
Phone: (403) 265-4980
Email: therapy@calgarycounselling.com
Website: http://www.calgarycounselling.com/programs/family_violence.htm

Programs to Address Sexual Assault/Abuse

Calgary Communities Against Sexual Abuse (CCASA)
CCASA provides safe, accessible sexual abuse services to males and females regardless of their age, sexual orientation, ability, race, religion, colour, or level of income.

- 24 Hour Crisis Line
- 24 Hour Hospital Call-out: Calgary Sexual Assault Response Team
- Short-term Individual Counselling
- Group Counselling
- Court and Police Accompaniment
- CCASA provides specialized sexual violence presentations to community groups upon request. On topics such as sexual harassment, sexual assault in the context of dating relationships, dating violence, sexual assault and the law, sexual assault trauma, child sexual abuse and effective response to survivors of sexual violence

Contact information:

Address: #305-707 10th Avenue, SW,
Calgary, AB, T2R 0B3
Business Phone: (403) 237-6905
Crisis Phone (24 hours): 237-5888
Website: http://www.aasac.ca/calgary/

Catholic Family Services Sexual Abuse Treatment Program

Sponsoring Agency: Catholic Family Services

The CFS Sexual Abuse Treatment program aims to protect and empower children and adolescents 10 to 18 years of age, who are coping with the effects of sexual abuse; this specialized program is contracted through the Calgary Rocky View Child and Family Services.

Contact Information:
Address: #250-707 10th Ave. SW
Calgary, AB T2R 0B3
Phone: (403) 233-2360
Email: info@cfs-ab.org
Website:
http://www.cfs-ab.org/individualandfamilyserivces.php?section=howwecanhelp

Child Abuse Service: Calgary
Sponsoring Agency: Alberta Children's Hospital

The Child Abuse Service is a treatment agency – primarily outpatient – that sees children and families – children that are primarily 12 years of age and under, who have experienced some form of physically, sexual or emotional abuse:

- individual and group treatment for children that have been sexually abused.
- treatment for physically abusive parents.

Contact Information:
Address: 1820 Richmond Road S.W.
Calgary, Alberta T2T 5C7
Phone: (403) 943-7886

Sexual Abuse Survivor's Programs for Women and Men
Sponsoring Agency: Calgary Counselling Centre
The Centre offers two group programs for survivors of sexual abuse, one for women and one for men. The goal of these two groups is to provide stabilization and relief from the trauma related to childhood sexual abuse and molestation so that memories and flashbacks are no longer intrusive and debilitating. This group program comprises of 14 weekly, 2-hour sessions.
Contact information:
Address: Suite 200, 940 – 6 Avenue S.W.
Calgary, Alberta, T2P 3T1
Phone: (403) 265-4980
Email: therapy@calgarycounselling.com
Website: http://www.calgarycounselling.com/programs/s_abuse.htm

General Agencies with Domestic Violence Components

FCSS: Canmore

Provides individual counselling, support, information and referral in the area of domestic violence for men, women, and children. Also provides group sessions, preventative in nature, on domestic violence in schools and in the community for adults as well as seniors.

Contact information:
Phone: (403) 678-7126

Sunrise Native Addictions Services: Calgary
An addictions agency that provides several programs for Aboriginal clients with addictions and domestic violence issues.

- The Eagle Circle for Women is group counselling for women who identify themselves as using aggressive behaviours.
- The Crow group is a group format for men who identify using abusive behaviours in intimate relationships.

Contact information:
Address: 1231 34 Avenue NE,
Calgary, Alberta T2E 6N4
Phone: (403) 261-7921
Email: nasgeneral@nass.ca

Coordinating Organizations

Action Committee Against Violence: Calgary
This agency is a coordinating body on domestic violence. It is a community initiative that also provides research, prevention education, and professional development to service providers in the area of domestic violence.

Contact information:
Phone: (403) 268-6755
Website: www.acav.org

Calgary Coalition on Family Violence: Calgary
This agency is a coalition comprised of several Calgary agencies invested in addressing domestic violence. The agency advocates for the advancement of the needs of immigrant and refugee populations who may be dealing with domestic violence, as well as works to ensure a responsible and equitable responses to domestic violence for all Calgary populations.

Contact information:
Phone: (403)-266-5059

Violence Prevention Programs

Alberta Civil Liberties Research Centre: Calgary

Sponsoring Agency: University of Calgary

This program is part of an anti-harassment initiative and has developed a teacher-offered curriculum that focuses on sexual assault and harassment in Grades 7-12.
Contact information:

Address: c/o Faculty of Law,
2500 University Dr. N.W.,
Calgary, Alberta T2N 1N4
Phone: (403) 220-2505
Email: aclrc@ucalgary.ca
Website: http://www.aclrc.com/programs.html

Alternatives to Violence: AVEPY: Calgary
Sponsoring agency: John Howard Society

A unique two day workshop offered to grade seven students in Calgary. The workshops focus on conflict resolution, communication skills, respect for self and respect and caring for others. Workshops are conducted by a team of trained facilitators. Interested schools and community groups should contact the AVEPY Coordinator.

Contact information:

Address: 917 - 9th Ave SE,
Calgary, AB, T2G 0S5
Phone: (403) 266-4566
Email: info@johnhoward.calgary.ab.ca
Website: http://www.johnhoward.calgary.ab.ca/AVEPY.html

Count on Me!!
Sponsoring Agency: Calgary Family Services

This pilot program of Calgary Family Services seeks to improve school climate by studying the unique relational dynamics within the school and designing a pro-active plan that improves participation while encouraging inclusion and respect.

Contact information:

Phone: (403) 205-5244

Dare to Care: Bullyproofing Your School Program: Calgary

Dare to Care Program provides a comprehensive approach to dealing with bullying in school, communication, and works to create a safe environment in schools. This program is offered in at least 24 areas in rural Alberta including Bassano, Brooks, Caribou Lake, and Drumheller.

Contact information:

Phone: (403) 620-5156

Website – http://www.daretocare.ca/

Families and Schools Stopping Abuse: Calgary
Sponsoring Agency: YWCA Sheriff King Home

This program runs in selected Calgary schools through the YWCA Sheriff King Home. The group counselling format targets elementary school aged children who may be experiencing difficulties related to abuse, as well as operates parenting programs in those schools.
Contact information:
Phone: (403) 266-4111

Non-Abusive Futures: Calgary
Sponsoring Agency: Calgary Women's Emergency Shelter

The Non-Abusive Futures program runs in selected Calgary schools through the Calgary Women's Emergency Shelter for teens that may be experiencing difficulty related to abuse.

Contact information:
Phone: (403) 539-5140
Email: info@cwes.calgary.ab.ca
Website: http://www.calgarywomensshelter.com/html/programs/nonabusive.html

Puppets for Peace: Calgary
Sponsoring Agency: Project Ploughshares Calgary

This is an anti-bullying program for students in preschool through Grades 6.

Contact information:
Address: 2919 - 8th Ave. N.W.
Calgary, Alberta, Canada T2N 1C8
Phone: (403) 278-3133
Website: http://www.ploughsharescalgary.ca/puppets/

RespectED Violence Prevention Programs
Sponsoring Agency: Canadian Red Cross

Offers a range of violence prevention programs. The most commonly offered programs are:

- It's Not Your Fault is most often delivered to Grade 8 students in 5-session or 2- to 3-hour formats. Topics include: the impact of child abuse on individuals, family and society, defining abuse and neglect, the stresses of normal parenting, developing appropriate peer support skills and the available services in the school and community.

- What's Love Got to Do with It? is a relationship violence prevention program presented to Grade 9 to 12 students in two 1-hour or four 30-minute sessions. Topics covered include: healthy relationships, overview of dating violence, societal messages, understanding emotional abuse, physical and sexual assault, legal issues, recognizing assaultive behaviour, prevention strategies, how to help a friend, and community resources.
- Beyond the Hurt: *Preventing Peer Harassment and Bullying*
- It's More than Just a Game: The Prevention of Abuse, Neglect and Harassment in Sports

Contact information:

Address: 100-1305 11 Avenue SW
Calgary, Alberta, T3C 3P6
Phone: (403) 541- 4441
Email: respected.calgary@redcross.ca
Website: http://www.redcross.ca/

Turn Off the Violence

Sponsoring Agency: Action Committee Against Violence

The Turn Off the Violence Campaign is implemented every November in Calgary to increase awareness about the impact of violence. Young people are encouraged to create solutions to prevent violence by participating in creative writing and poster contests. Schools receive curriculum packages that include information on violence and suggested classroom and school wide activities. Based on the media coverage that the 1999-2000 campaign received and the materials set out to 384 schools, the message reached an estimated 300,000 people in Calgary. The 1999 - 2000 Campaign received over 2500 poster entries.

Contact Information:

Phone: (403) 268-6755
Website: http://www.acav.org/turnoffviolence

Who Do You Tell Sexual Abuse Prevention Program: Calgary

Sponsoring Agency: Calgary Communities Against Sexual Abuse

"Who Do You Tell?"™ is a sexual abuse education program designed specifically for elementary school children, their parents and teachers. The program has been in existence for over twelve years and has the approval of the Calgary Public and Separate School Boards. The program targets ECS to grade 6 students and focuses on prevention, awareness and information surrounding sexual abuse issues.

Goals of the Program

- Educate children about child sexual abuse
- Give the message that sexual abuse is wrong and damaging to people
- Provide support and referrals for children who disclose abuse
- Encourage parents to be the primary educators of their children regarding sexual abuse.

- Act as a resource to teachers concerning child sexual abuse issues

Contact information:
Address: #305-707 10th Avenue, SW,
Calgary, AB, T2R 0B3
Business Phone: (403) 237-6905
Website: http://www.aasac.ca/calgary/

Women Hurting Women
Sponsoring Agency: Peer Support Services for Women

Educational workshop intended for service providers and others in the area of domestic violence as it may affect lesbian and/or bisexual women.

Contact information:
Phone: (403)234-7337 ext. 2

Central Alberta: Region #4

Shelters for Abused Women

Central Alberta Women's Emergency Shelter: Red Deer
Emergency shelter for women with or without children seeking safety from abusive situations. Women's and children's programs are available in-house as well as outreach counselling to those in the community. The shelter will provide support to women and children, as well as facilitate appropriate referrals to resources in or out of the immediate community. The shelter is actively involved with providing awareness and public education on domestic violence in Red Deer.
Beds available - 36

Contact information:
Mailing Address: Box 561
Red Deer, Alberta T4N 5G1
Crisis line: 1-888-346-5643
Business Phone: (403) 346-5643
Email: cawes@telusplanet.net
Web page: www.cawes.com

Ermineskin Women's Shelter: Maskwaci
Emergency shelter for women with or without children coming from abusive situations, in particular supporting First Nations populations. Women's programming is available on site and the shelter has community Elders involved in counselling with an emphasis on healing. Shelter staff work closely with other community resources to provide accessible and appropriate referrals for the women and children as they leave the shelter.
Beds available - 16

Contact information:
Crisis phone: (780) 585-4444
Email:ews@incentre.net
Website - none

Agencies that Address Domestic Violence

Central Alberta Women's Outreach Society: Red Deer
This agency addresses domestic violence through a variety of programming to support women coming dealing with abuse issues.

- Drop-in support available to women and access to an outreach counsellor
- Follow-up and outreach counselling for the Central Alberta Women's Emergency Shelter
- Domestic violence group counselling for women
- Court accompaniment
- Assistance with housing issues

- Furniture warehouse to house donations and available for women clients
- Extensive public education in the area on domestic violence including "The Bullying Tree"

Contact information:
Address: 4808 51st. Ave.
Red Deer, AB, T4N 4H3
Phone: (403) 347-2480
Email:
Website: http://www.mycommunityinformation.com/cawos/

Drayton Valley Family Support and Intervention Program
Sponsoring Agency: the Comprehensive Family Violence Institute in Drayton Valley

The program provides a variety of supports for individuals dealing with abuse issues, including groups based on anger management practices.

- Individual and group counselling for men who have perpetrated abuse
- Individual and group counselling for women dealing with abuse in their lives
- Group counselling for adolescents based on building and maintaining healthy and respectful relationships

Contact information:
Phone: (780) 621-1800

Family Wellness Centre: Wetaskiwin
Sponsoring Agency: Native Counselling Services of Alberta

A Family Life Improvement Program. Individual and couple counselling, as well as anger management and parenting and to provide them with access to community resources. Also included is a prevention education component in schools, and support for youth.

Contact information:
Phone (780) 585-2219
Website: http://www.ncsa.ca/FRes.asp

Women's Programming

Domestic Violence Support Group
Sponsoring Agency: Central Alberta Women's Outreach Society, Red Deer

This is an 8 week format meant to educate and support women dealing with domestic violence. A group on boundaries follows the initial 8 week format, this one 3 times a week for 8 weeks.

Contact information:

Address: 4808 51st. Ave.
Red Deer, AB, T4N 4H3
Phone: (403) 347-2480
Email: none
Website: http://www.mycommunityinformation.com/cawos/

Services to Address Sexual Assault/Abuse

The Crisis Centre (Formerly the Central Alberta Sexual Assault Centre): Red Deer
The Crisis Centre will educate, support and empower individuals, and families and communities regarding personal safety, victimization and sexual violence. It has three major interventions:

- Crisis Intervention. The intervention or debriefing offered is designed to mitigate the impact of a crisis on a person and to accelerate normal recovery in normal people who are experiencing the normal signs, symptoms and reactions to totally abnormal events. This program includes court preparation and court, R.C.M.P. and hospital accompaniment with victims of sexual assault.
- Support Line: This confidential support line, manned by trained volunteers, is available 24 hours a day to provide information, support and referrals. Access to the line is not restricted to victims or "crises" calls alone. As well, this service is available to all citizens of Central Alberta who are in need of assistance.
- Education/Prevention: This program provides information, education and support with a primary focus on preventive efforts. Services are available to community groups, human service organizations, schools and individuals in the form of literature, resources and verbal/visual presentations. This program raises awareness and instills a sense of community responsibility for personal safety.

Contact information:
Address: #105-4818 Gaetz Ave.
Red Deer, AB, T4N 4A3
Phone: (403) 340-1124
Support Line: (403) 340-1120
Website: http://www.mycommunityinformation.com/casac/

Lloydminster: Region #5

Shelters for Abused Women

Lloydminster Interval Home
Emergency shelter and second stage shelter facilities for women with or without children coming from abusive situations. Women's and children's programs are available in the shelter, as well as community support for women and children not residing in the shelter. The shelter also offers batterer's groups at least twice a year in a 12 week format. Programming specific to adolescent populations operates on an ongoing basis in the community as well. Follow-up and outreach counselling are available with information, support, and referral provided as needed.
Beds available - 21

Contact information:
Address: P.O. Box 1523
Lloydminster, Alberta, S9V 1K5
Crisis phone: (780) 875-0966
Business Phone: (780) 808 – 5282
Email: lihsi@telusplanet.net
Website: www.intervalhome.ab.ca

Brigantia Place: Camrose
Emergency shelter for women with or without children coming from abusive situations. The shelter provides counselling and programs for women and children both in the shelter and in the community. Follow-up support is also available to facilitate transition back to the community and access to appropriate referrals and resources. Brigantia Place also provides outreach counselling to women, men, and children who may not have been involved with the shelter but are affected by domestic abuse. They offer a prevention education program on domestic violence to the schools and community.
Beds available - 22

Contact information:
Address: Box 1405
Camrose, Alberta, T4V 1X3
Crisis phone: (780) 672-1035
Business Phone: (780) 672-1045
Email: bridget@cable-lynx.net
Website: www.dable.lynx.net/-brigit

Agencies that Address Domestic Violence

Flaggstaff's Initiative to Relationship and Spousal Trauma
Follow-up team comprised of a social worker and police officer for family violence issues, as well as any trauma issues for families, which may be family violence, or other traumas such as rapes or accidents. Though police involved, the agency will take self-referrals and others and provides individual counselling to those in the area. Prevention

education in schools on bullying, as well as an adolescent leadership program where adolescents take on leadership roles.

Contact information:
Phone – 888-385-3974

The Family Violence Action Society: Camrose
A registered charitable society, FVAS operates under the administrative umbrella of Camrose & District Support Services. Among its programs are the following:

- Kids' Choices is for children between 6 and 12 who have been exposed to spousal abuse within their home environments. Groups meet once a week for about two hours, covering a range of topics designed to help children build resiliency, develop coping skills, and express their feelings and fears through a variety of play therapy techniques. Parental consent is required, and it is helpful if one or both parents are involved in the adult group. The ten-week Kids' Choices program is offered twice a year.
- Changing Ways and Choices are also led by two facilitators. Both groups run semi-continuously over thirty-two weeks between end-September and end-May, with new participants invited to join group every eight weeks. Clients are encouraged to attend at least sixteen meetings. Changing Ways is designed primarily for men who have been abusive towards their partners, while Choices supports women who have been recipients of abuse. FVAS recognizes, however, that men can also be victims of abuse, and women can also exhibit abusive behaviour.

Contact Information:
Phone: (780) 672-0141
Website: http://www.camrose.com/comm/famvio.htm

Men's Programming

New Perspectives Program for Men: Lloydminster
Sponsoring Agency: Lloydminster Interval House

Contact information:
Mailing Address: P.O. Box 1523
Lloydminster, Alberta, S9V 1K5
Phone: (403) 875-0966
Website: http://www.intervalhome.ab.ca/

Services that Address Sexual Assault/Abuse

Lloydminster Sexual Assault and Information Centre
The Lloydminster Sexual Assault and Information Centre operates a 24 hour crisis line and offers support services to adult survivors of sexual abuse. The Centre works with children, youth and adults both female and male who have experienced sexual violence. In addition, the Centre provides community awareness on issues of sexual harassment,

date rape drugs, sexual assault, family violence, bullying body safety. The Centre facilitates support groups for ages three to seniors who have experienced sexual violence.

Individualized services are provided through one-on-one support, accompaniment services during crisis, needs identification, consultation, referrals and follow-up.

- Coping Techniques
- Hospital Accompaniment
- Referrals
- Information regarding Court Prep and Court Accompaniment - one-on-one support is available before and after the court proceedings. The services are client focused and the appropriate referrals made to community agencies as required.
- Anger Management
- Sexually Intrusive Children - is designed for ages 4-12. The purpose is to help children and their families with behaviours that result outside of the stages of normal sexual development. Safety strategies, language about feelings and concepts of respect, will help children to develop positive healthy attitudes and ways of handing conflicts. Education and support are also provided to parents.
- Protection of Children Involved in Prostitution-PCHIP - designed for children under 18.

Contact Information:

Mailing Address: Box 2033, 5011-49 Avenue
Lloydminster, Saskatchewan, S9V 1R5
24 hour Crisis Phone: (306) 825-8255
Website: http://www.lsaic.com/

Edmonton and Area: Region #6

Shelters for Abused Women

La Salle Residence (Sisters of Charity, Grey Nuns of Alberta): Edmonton
Second stage shelter for women with or without children seeking safety from abusive relationships. The shelter offers in-house programs for women, and counsellors will provide support, information, and assist with referrals as needed. La Salle Residence assists women in meeting their needs and gaining independence in a supportive environment that fosters self-worth and dignity.
Beds available – 9 apartments

Contact information:
Mailing address: 9810 - 165 Street
Edmonton, Alberta. T5P 3S7
Phone: (780) 482-2190
Email:jthevenot@greynuns.ab.ca
Website: http://www.greynuns.ab.ca/lasalle.htm

Lurana: Edmonton
Emergency shelter for women with or without children seeking safety from abusive situations. Women's and children's programming available in-house and follow-up counselling to help with transition back into the community. The shelter provides immediate crisis assistance to women and children, safety planning, as well as helps to connect with other resources as needed.
Beds available - 32

Contact information:
Crisis phone: (780) 424-5895
Email - none
Website: http://www.atonementhome.com/lurana/index.html

A Safe Place (Strathcona Shelter Society): Sherwood Park
Emergency shelter for women with or without children coming from abusive situations. In-house programming is available for both women and children, as well as to the community. The shelter also has follow-up and outreach services, and will offer information, support, and referrals to women to maximize their safety.
Beds available - 35

Contact information:
Address: 1008 Village Dr.
Sherwood Park, AB T8A 4V6
Crisis phone: (780) 464-7233
Email: none
Website: www.asafeplace.ca

WIN House: Edmonton Women's Shelter
Emergency shelter for women with or without children seeking safety from abusive relationships. In-house programming is available to both women and children, as well as follow-up and outreach counselling. Shelter staff provide individual support, information, and assist with appropriate referrals.
Beds available - 51

Contact information:
Mailing Address: PO Box 20088,
Edmonton, AB T5W 5E6
Crisis phone: (780) 479-0058
Business phone: (780) 471-6709
Email:ews@telusplanet.net
Website: www.winhouse.org

Wings of Providence: Edmonton
Second stage shelter for women with children seeking safety from abusive situations. Programming in the form of supportive counselling is provided in-house for both women and children. The shelter will also assist women by providing information, assisting with safety planning and appropriate referrals as needed.
Beds available – 96 beds, 20 apartments.

Contact information:
Mailing Address: P.O. Box 32141
Edmonton, AB T6K 4C2
Phone: (780) 426-4985
Email: wings@providence.ab.ca
Website: http://www.wings.providence.ab.ca/

Agencies that Address Domestic Violence

Circle of Safety: Edmonton, St. Albert, Strathcona County and area
Sponsoring Agency: Aboriginal Consulting Services

Program deals with Aboriginal family violence for children and their families. Provides teaching circles for women, men, children and youth; separate parenting programs for men and women; outreach for men and women; and ceremony and elder support.
Contact information:
Address: 204 - 10010 105 Street,
Edmonton, Alberta T5J 1C4
Phone: (780)448-0378
Website: http://www.informedmonton.com/public/agency/0020.htm

The Family Centre
A counselling agency with specialized programming in domestic violence, as well as programming around dealing with anger for men, women, and children. The agency will also do couple work where there is no presence of domestic violence.

Contact information:

Address: #20, 9912-106 Street
Edmonton, Alberta Canada T5K 1C5
Phone: (780) 426-4918
Email: tfc@the-family-centre.com
Website: http://www.the-family-centre.com/index.htm

St. Albert Stop Abuse in Families Society (SAIF)

- Educational component with work done in schools on bullying, healthy communication, and abuse
- Clinical component of the program works with issues of domestic violence
- Individual and group counselling for women who have experienced abuse
- Individual counselling for men who are dealing with abuse issues
- Programming for children who have been witnesses to domestic violence

Contact information:

Address: #324 – 7 St. Anne St.
St. Albert, AB, T8N 2X4
Phone: (780) 460-2195
Email: info@stopabuse.ca
Website: http://www.stopabuse.ca/

Women's Programming

Indo-Canadian Women's Association

Outreach, individual, and group counselling for those dealing with domestic abuse situations, particularly those in the East Indian or South Asian communities of Edmonton.

Contact information:

Address: 335 Tower II, Millbourne Mall,
38 Ave. & Millwoods Road,
Edmonton, Alberta, T6K 3L2
Phone: (780) 462-6924
Email: icwaedmonton@yahoo.ca
Website: http://www.icwa-char.org/

Moving Beyond Abuse: Edmonton

Sponsoring Agency: YWCA of Edmonton

Group counselling in 3 phases with an emphasis on ending abuse in women's lives through a psycho-educational format. Phase 1 is the initial 'Moving Beyond Abuse' group, Phase 2 is 'Self Awareness,' and Phase 2 is entitled 'Anger Management Conflict Resolution.'

Contact information:

Address: 100, 10350-124 Street
Edmonton AB T5N 3V9
Phone: (780) 439-9922
Email:information@ywcaofedmonton.org
Website: http://www.ywcaofedmonton.org/

John Howard Family Violence Prevention Centre
Outreach program for women who are in the process of leaving domestic abuse situations/relationships, or dealing with abuse in their lives, serving all populations in the Edmonton community. Also includes a furniture moving program and access to furniture for those establishing themselves in a new home after leaving abusive situations.

Contact information:
Address: Suite 401, 10010-105 Street
Edmonton, AB T5J 1C4
Phone: (780) 423-1635
Email: info@johnhoward.org
Website: http://www.johnhoward.org/index.html

Stop Abuse in Families (SAIF): St. Albert
Sponsoring Agency: St. Albert SAIF Society

Group counselling for women who are dealing with domestic abuse in their lives, this in a 3 phase format of 12 weeks, with and including follow-up support. Individual counselling is also available to women dealing with abuse in their lives.

Contact information:
Phone: (780) 460-2195

Children's /Parents Programming

Transition and Changes: A Group for Children Who Have Witnessed Violence in the Home: Edmonton
Sponsoring Agency: The Family Centre

A play oriented program specifically designed for children who have experienced and/or witnessed abuse, as well as programming for adolescents, boys and girls, around anger.

Contact information:
Address: #20, 9912-106 Street
Edmonton, Alberta Canada T5K 1C5
Phone: (780) 426-4918
Email: tfc@the-family-centre.com
Website: http://www.the-family-centre.com/index.htm

New Directions: St. Albert
Sponsoring Agency: St. Albert SAIF Society

This program is in partnership with Aboriginal Consulting Services, St. Albert Parent's Place Association, and Edmonton Family Violence Treatment, Education, and Research Centre. A group format provides children and parents who have experienced family violence with supportive counselling and education about abuse. Parents also receive a gender specific component on parenting.

Contact information:
Phone: (780) 460-2195

Silent Witness (Ending the Cycle of Abuse): Edmonton
Sponsoring Agency: YWCA of Edmonton

This 10 week group counselling program is for children aged 5-14 who have witnessed and/or experience abuse in the home with an emphasis on safety skills, responsibility, and attitudes and responses to anger. A simultaneous program for parents is designed to help parents understand and deal with the impact of domestic violence on children.

Contact information:
Address: 100, 10350-124 Street
Edmonton AB T5N 3V9
Phone: (780) 439-9922
Email:information@ywcaofedmonton.org
Website: http://www.ywcaofedmonton.org/

Men's Programming

Changing Ways: Edmonton
Sponsoring Agency: Edmonton Family Violence, Treatment, Education, and Research Society

Group counselling for men who have used abusive behaviours in an intimate relationship, a 12 week phase 1 program psycho-educationally based, and an ongoing support group to follow. Also offers a partner orientation program, meeting with the partners of men in the program before and after treatment, providing support and referrals as needed. Currently partnering with St. Albert SAIF Society and Aboriginal Consulting Services in the 'New Directions' program and operating a men's parenting component to that program where domestic violence has been an issue.

Contact information:
Address: 10426 81st Avenue, Suite 201
Edmonton, Alberta, T6E 1X5
Phone: (780) 439-4635

Family Life Improvement Program (FLIP): Edmonton
Sponsoring Agency: Native Counselling Services

Group counselling for men who have used abusive behaviours in an intimate relationship. This ten-week program emphasizes the individual, the family and the community. The program is based on personal development and allows participants to work out practical solutions to their problems through an interactive and informative process. This program contains the following three components: "me as a person," "me and my family," and "me and my community".

Contact information:
Address: 10975 - 124 Street
Edmonton, Alberta, T5M 0H7
Phone: (780) 451-4002
Website: http://www.ncsa.ca/FRes.asp

Transition and Changes: A Group for Men Dealing With Their Abusive Behavior, Edmonton
Sponsoring Agency: The Family Centre

Group counselling for men who have used abusive behaviours and are interested in learning effective means of becoming a more resilient person. This is an ongoing, 18 week program.

Contact information:
Address: #20, 9912-106 Street
Edmonton, Alberta Canada T5K 1C5
Phone: (780) 426-4918
Email: tfc@the-family-centre.com
Website: http://www.the-family-centre.com/index.htm

Elder Abuse Services

Edmonton Senior's Safe Housing
Emergency shelter offering support for seniors, men and women, over age 60, around abuse related issues. This agency provides educations about how the abuse of older adults differs from other forms of abuse, and is a part of broader services for elder abuse in the city of Edmonton. Services are geared to enhance safety and independence of adults moving away from abusive relationships.

Contact information:
Address: 15 Sir Winston Churchill Square
Edmonton, AB T5J 2E5
Crisis phone: (780)702-1520
Email: seniorsafehousing@canada.com
Website: www.srsr-seniors.com

Seniors' Abuse HelpLine: Edmonton
Sponsoring Agency: The Support Network

A 24-hour crisis phone line for those with questions about elder abuse and community resources to address it.

Contact information:
Address: 301 - 11456 Jasper Avenue NW
Edmonton AB T5K 0M1
Phone: (780) 454-8888:
Website: http://www.thesupportnetwork.com/SAHL.html

Elder Abuse Intervention Team (EAIT): Edmonton
Sponsoring Agency: City of Edmonton Community Service & Edmonton Police Service,

This Team provides crisis intervention, education, support, and referral services to older adults who are at risk of or are experiencing abuse.

Contact Information:
Phone: (780) 477 2929

Elderly Adult Resource Services Program (EARS): Edmonton
Sponsoring Agency: Catholic Social Services

Provides support to older adults who are experiencing abuse by their family member or unrelated caregiver.

Contact Information:
Phone: (780) 432-1137

Support for Seniors Impacted by Abuse: Edmonton
Sponsoring Agency: YWCA of Edmonton Seniors Support Program

Services for seniors impacted by abuse offering peer support, public education, as well as individual counselling. The Moving Beyond Abuse group program encourages personal growth and is geared towards women who want information and the support necessary to work through the experience of abuse in their lives.

Contact information:
Address: 100, 10350-124 Street
Edmonton AB T5N 3V9
Phone: (780) 439-9922
Email:information@ywcaofedmonton.org
Website: http://www.ywcaofedmonton.org/

Violence Prevention Programs

Head Start Program: Edmonton
Sponsoring Agency: Alberta Native Friendship Centre

Violence prevention programming throughout Alberta and coordinated centrally through Native Friendship Centre in Edmonton. Parenting programs are also accessible through several of these individual agencies in the province.

Contact information:
Address: 10336 121 Street
Edmonton, Alberta, T5N 1K8
Phone: (780) 423-3138
Email: info@albertafriendshipcentres.ca
Website: http://www.albertafriendshipcentres.ca/

Expecting Respect: Edmonton
A peer education Program focuses on dating violence, bullying in Grades 7-12. Students are trained to make classroom presentations to their peers.

Contact information:
Phone: (780) 422-6326
Email: ppae@freenet.edmonton.ab.ca.

Sexual Assault Prevention: Edmonton
Sponsoring Agency: The University of Alberta Sexual Assault Centre

These interactive workshops on sexual assault are designed to fit easily into class periods and are offered in 50, 80, and 120-minute sessions. All workshops are free of charge.

- Learn the definition of sexual assault and what constitutes consent
- Discuss prevalent myths in our society regarding sexual assault
- Acquire basic skills to support a survivor of sexual assault
- Discuss healthy communication in relationships
- Talk about non-traditional ways to prevent sexual assault
- Learn about resources for those affected by sexual assault

Contact Information:
Address: 2-705 Students' Union Building
University of Alberta
Crisis & Business Phone: (780) 492-9771
Website: http://www.uofaweb.ualberta.ca/sac/

Coordinating Organizations

Community Initiative Against Family Violence (CIAFV)
Coordinating body with community representatives from 52 Edmonton agencies and sectors to address domestic abuse, including hospital and police personnel, as well as numerous Edmonton agencies that deal directly with domestic violence. The group formed in 1999 and has divided into numerous working sub-groups that address specific areas of domestic violence; a protocols working group; elder abuse; public education; children impacted by family violence; and child abuse.

Contact information:
Phone: (780) 422-9692

Services to Address Sexual Abuse/Assault

Sexual Assault Centres

The Sexual Assault Centre of Edmonton (SACE)

- 24-Hour Crisis Line: This line provides support to victims of sexual abuse and assault, and to their support people. Information and referral are provided on this line by our highly trained crisis line volunteers - it is not for counselling. This line is not only for survivors, but also for support people, professionals and others who are affected by sexual violence in their lives.
- group and individual counselling sessions for women and men who have been affected by sexual violence.
- individual counselling sessions for children and adolescents (17 and under) who have been affected by sexual violence. In order for children and adolescents to be seen the sexual abuse or assault has to have been reported to Child Welfare and/or the police.
- The Public Education Program offers presentations, displays, research assistance, and training workshops in the areas of sexual assault, child sexual abuse, dating violence, abuse awareness and safety and supporting survivors.

Contact Information:
Address: Suite #205 14964 121A Avenue
Edmonton, Alberta, Canada T5V 1A3
Crisis Line: (780) 423-4121
Business phone line: (780) 423-4102
Email: info@sace.ab.ca
Website: http://www.sace.ab.ca/

Strathcona Sexual Assault Centre: Sherwood Park

- SafeTalk is the adult counselling program. We offer individual counselling to adult men and women who have been sexually assaulted or sexually abused. We also offer support to those whose loved ones have been sexually assaulted or sexually abused.
- SafeTalk also offers groups for women who have been sexually assaulted or sexually abused. There are two levels of this group: **Level One - Eight Weeks** This group helps women to understand the effects the abuse has had on their lives and gives an overview of the healing process. **Level Two - Fourteen Weeks:** This group guides women through a series of exercises and topics which help them explore their feelings about the abuse. Women must have completed a level one group to start the level two group.
- Public Education: Our public education program provides information on all aspects of sexualized violence. Services include a sexual assault prevention program, **"Drawing The Line", a**n educational program delivered in Strathcona

County and Fort Saskatchewan schools to grade 7, grade 9 and 11 students. Also resources and training for community groups

Contact Information:
Address: 044, 50 Brentwood Blvd,
Sherwood Park, Alberta, T8A 2H5
Crisis Phone (after hours): 423-4121
Business and Crisis Phone (office hours): (780) 449-0900
Website: http://www.strathcona.aasac.ca/

University of Alberta Sexual Assault Centre Services: Edmonton

- Drop-in or telephone short-term counselling for university students who are male and female survivors of sexual assault or stalking
- Support and information for partners, friends, family and concerned individuals who are supporting a survivor of sexual assault
- Boundaries and assertiveness workshops
- Support groups for survivors of acquaintance sexual assault
- Referrals to on- and off-campus resources for long-term support
- Advocacy for survivors who choose to involve the hospital, Campus Security, the police, or court system
- Interactive 50 and 80 minute education presentations on sexual assault

Contact Information:
Address: University of Alberta Sexual Assault Centre
2-705 Students' Union Building
University of Alberta
Crisis & Business Phone number: 780-492-9771
Website: http://www.uofaweb.ualberta.ca/sac/

Programs to Address Sexual Assault/Abuse

Adults Molested as Children (AMAC I) Group: Edmonton
Sponsoring Agency: Sexual Abuse Centre of Edmonton (SACE)
A variety of group programs to address and overcome the effects of sexual assault are offered at SACE. Groups generally meet once per week, for two and a half hours, for fourteen consecutive weeks. A maximum of eight clients are in a group. Two facilitators conduct each group. This group runs 2.5 hours per week for fourteen weeks. It combines group exercises, discussion and handouts on such issues as feelings towards the offender, body image and overcoming the effects of the abuse. Participants must complete a screening interview prior to starting group.
Contact Information:
Address: Suite #205 14964 121A Avenue
Edmonton, Alberta, Canada T5V 1A3
Crisis Line: (780) 423-4121
Business phone line: (780) 423-4102
Email: info@sace.ab.ca
Website: http://www.sace.ab.ca/

Men Who Are Adult Survivors of Childhood Sexual Abuse
Sponsoring Agency: The Family Centre

This group is to help men dealing with the effects of childhood sexual abuse and trauma.

Contact information:
Address: #20, 9912-106 Street
Edmonton, Alberta Canada T5K 1C5
Phone: (780) 426-4918
Email: tfc@the-family-centre.com
Website: http://www.the-family-centre.com/index.htm

Women Who Are Survivors of Childhood Sexual Abuse: Edmonton
Sponsoring Agency: The Family Centre

This group is to help women dealing with the effects of childhood sexual abuse and trauma.

Contact information:
Address: #20, 9912-106 Street
Edmonton, Alberta Canada T5K 1C5
Phone: (780) 426-4918
Email: tfc@the-family-centre.com
Website: http://www.the-family-centre.com/index.htm

Zebra Child Protection Centre
Services to child victims and witnesses to sexual abuse, child abuse, peer assault, and other interpersonal offences. Individual or group modalities for the following:

- Court preparation: education about court system
- Assessments of child/youth's ability to testify
- Recommend to court need for testimonial aids (where applicable)
- Staff available to provide expert evidence
- Court support on the day of court
- Assistance completing victim impact statements

Contact Information:
Address: 12th floor, 10909 Jasper Ave
Edmonton, AB
Phone: (780) 421-2359

North Central Alberta: Region #7

Shelters for Abused Women

Columbus House of Hope: St. Paul
Emergency shelter for women with or without children seeking safety from abusive relationships. The shelter offers supportive counselling to women and children residents, as well as assistance with safety planning, and information or assistance with referrals as needed. The shelter offers follow-up/outreach counselling and assists the greater community in education about domestic violence.
Beds available - 16

Contact information:
Mailing Address: Box 1237
St. Paul, AB, T0A 3A0
Crisis phone: 1-800-263-3045
Business phone: (780) 645-5132
Email: crisis84@telusplanet.net
Website - none

Yellowhead Emergency Shelter for Women: Hinton
Emergency shelter for women with or without children coming from abusive relationships. Women's counselling is available on site as well as to the larger community with respect to creating positive change and rebuilding. The shelter has follow-up/outreach services to provide women and children with continued assistance in leaving abusive partners.
Beds available - 11

Contact information:
Mailing Address: Box 6401
Hinton, AB T7V 1X7
Crisis phone: 1-800-661-0937
Business phone: (780) 865-4359
Email: yeswomen@shaw.ca
Website: none

Hope Haven Women's Shelter: Lac La Biche
Emergency shelter for women with or without children seeking safety from abusive relationships. Women's group counselling is available to the outer community as well as to shelter residents, and children's programming is available in-house. Follow-up and outreach services also are offered to assist with information, support, and any referrals that women and children may require.
Beds available - 16

Contact information:
Mailing address: Box 2168

Lac La Biche, AB T0A 2C0
Crisis phone: (780) 623-3100
Email: hhaven@telusplanet.net
Website - none

Dr. Margaret Savage Crisis Centre: Cold Lake
Emergency shelter for women with or without children coming from abusive situations. Supportive counselling is available to women in the shelter, assistance with safety planning as well as referrals. The shelter offers crisis intervention for those in need by phone and in-house.
Beds available - 26

Contact information:
Mailing Address: PO Box 419
Cold Lake, AB, T9M 1P1
Crisis phone: (780)-594-3353/866-0533
Email: crisis@telusplanet.net
Website - none

Bigstone Cree Nations Women's Emergency Shelter: Wabasca
Emergency shelter for women with or without children seeking safety from abusive relationships. Support groups are available to both women and children staying in the shelter. Counsellors will provide support as needed, as well as information and referrals to women and their children to assist in achieving and maintaining safety from abuse.

Beds available - 10

Contact information:
Crisis phone: (780) 891-3333

Wellspring Family Resource and Crisis Centre: Whitecourt
Emergency shelter for women with or without children coming from abusive situations. Follow-up and outreach services are also available, as well as support, advocacy, and referrals as needed. Wellspring Family Resource and Crisis Centre also operates a prevention program in area schools.

Beds available – 14

Contact information:
Crisis phone:1-800-467-4049
Email: wellspring@telusplanet.net
Website: http://www.wellspringfamilyresource.com/

Women's Programming

Women's Outreach Support Program: Athabasca and area
Sponsoring Agency: FCSS, Athabasca

An Outreach Program for teen girls/women and men who are currently experiencing or have experienced spousal/relationship abuse. The program also includes an in-school program with AADAC.

Contact information:
Crisis Helpline: 1-800-565-3801
Phone: (780) 675-2623

Men's Programming

New Start for Men Involved in Family Violence: Whitecourt
Sponsoring Agency: FCSS, Whitecourt

Group counselling for men who have used abusive behaviours in an intimate relationship.

Contact information:
Mailing Address: Box 509
Whitecourt, Alberta T7S 1N6
Phone: (780) 778-6300

Programs to Address Sexual Assault/Abuse

Mamowichihitowin Program: Hinton
Sponsoring Agency: Hinton Friendship Centre

The Community Wellness Program was been renamed in 2003 to Mamowichihitowin (all working together). **Mamowichihitowin** is an Aboriginal program for women healing from child sexual abuse.

The program takes a family approach to dealing with current and historical child sexual abuse. The perpetrator is court mandated to attend. The women and children attend mainly for problems of child sexual abuse or incest. This is a pilot project through the Solicitor General's Office. Participation in the program ranges from 16-20 months and families are court mandated to attend. The program consists of intense treatment that occurs weekly and is multi-staged incorporating individual and then group work involving all family members. Family members can range from 30-40 members and for this reason, there is a waiting list for the program, which may last months as one file can include up to 25 family members.

Contact information:
Address: P.O. Box 6270 Stn. Main,
Hinton, AB, T7V 1X6
Phone: (780) 865 – 5189
Email: hintonfc@telusplanet.net
Website: http://www.albertafriendshipcentres.ca/hinton.htm

Northwest Alberta: Region #8

Shelters for Abused Women

Crossroads Resource Centre: Fairview
Emergency shelter for women with or without children seeking safety from abusive relationships. Supportive counselling is available to women and children shelter residents, as well as assistance with attaining needed information and referrals. Follow-up/outreach counselling and crisis intervention are also offered.
Beds available - 21

Contact information:
Crisis phone: (780) 835-2120/1-877-935-2120
Email: crossrds@telusplanet.net
Website - none

Grande Cache Transition House
Emergency shelter and day programs for women with children seeking safety from abusive relationships. Follow-up and outreach counselling are available, and the shelter also offers abuse prevention presentations in schools. Supportive counselling to women is offered both in the shelter and to women in the community. Counsellors provide information, support, and referral as needed.
Beds available - 6

Contact information:
Mailing address: Box 1242
Grande Cache, AB T0E 0Y0
Crisis phone: (780) 827-5055
Email: teahouse@telusplanet.net
Website - none

Odyssey House (Grande Prairie Women's Residence Association)
Emergency shelter and second stage housing for women with or without children seeking safety from abusive situations. Follow-up and outreach counselling are available, and the shelter provides information, support, and referral as needed. Support groups for women are available both in the shelter and to women from the community.
Beds available – 24

Contact information:
Crisis phone: (780) 532-2672
Email: gpwra@telus.net
Website: none

Peace River Regional Women's Shelter Society: Peace River
Emergency shelter for women with or without children coming from abusive relationships, as well as women who dealing with mental health concerns. The shelter

offers supportive counselling, provides information and referrals as needed, and assistance in meeting basic needs. Follow-up and outreach services are available. Support groups for women are for both shelter residents and non-residents from the community.

Contact information:

Mailing address: Box 7738
Peace River, AB, T8S 1T3
Crisis phone: 1-877-624-3466
Email: prrws@telusplanet.net
Website: none

Safe Home: A Project of the Northwest Alberta Resource Society (High Level)
Emergency shelter for women with or without children seeking safety from abusive relationships. Women's and children's programs are available on site. The shelter provides information, support, advocacy, and referral for women leaving abuse.
Beds available - 9

Contact information:

Address: Box 396
High Level, AB, T0H 1Z0
Crisis phone: 1-888-926-0301/
Business phone: (780) 926-3899
Email: safehome@telusplanet.net
Website - none

Sucker Creek Women's Emergency Shelter: Enilda
Emergency and second stage shelter for women with or without children seeking safety from abusive relationships. Women's and children's programming are available both in-house, and as follow-up and outreach counselling to those in the community. The shelter assists women in crisis by offering needed information, support, and referral.
Beds available - 12

Contact information:

Mailing address: Box 231
Enilda, AB TOG 0W0
Crisis phone:1-866-523-2929
Business phone: (780) 523-4357
Email: none
Website: none

Women's Programming

Nexus Program for Women: Grande Prairie
Sponsoring Agency: Grande Prairie John Howard Society

Group counselling for women who identify themselves as having been abused and/or having used abusive behaviours.

Contact information:
Phone – 780-532-0373

Children's /Parent Programming

Brighter Futures: High Prairie
Counselling agency for men, women and children that will also assist with domestic violence issues such as parenting programs and individual parenting work.

Contact information:
Phone: (780) 523-2715

Live and Learn: Grande Prairie
Sponsoring Agency: John Howard, Grande Prairie
Group programming for children who have witnessed and/or experienced abuse in the home.

Contact information:
Address: 9909 112th Avenue
Grande Prairie, Alberta, T8V 1V5
Phone – 780-532-0373

Men's Programming

Renaissance Program *(Helping men move beyond their abusiveness)*: Grande Prairie
Sponsoring Agency: The John Howard Society

The goal of this program is to significantly decrease the abusiveness of men toward their female partners in intimate relationships. The John Howard Society of Grande Prairie currently offers five 16-week programs annually with four follow up sessions available to those who complete the program.

Contact information:
Address: 9909 112th Avenue
Grande Prairie, Alberta, T8V 1V5
Phone: (403) 532-0373

Prevention Programming

Taming the Dragon: High Prairie
Sponsoring Agency: Brighter Futures, High Prairie

School based prevention program on abuse.

Contact information:
Phone: (780) 523-2715

Programs to Address Sexual Assault/Abuse

P.A.C.E. Sexual Assault Centre: Grande Prairie

P.A.C.E. (Providing Assistance, Counselling and Education) provides services to sexually assaulted person both recent and historic cases.

- Child Abuse Treatment Program - play and individual therapy for children ages 3-17 who have been abused. It also provides individual, group and family therapy for victims (ages 3-17), families, and offenders involved in intra-familial sexual abuse. Services are provided in Grande Prairie, Grande Cache and Fairview.
- Genesis Program - This program provides services to adults sexually assaulted as children, throughout the Northwest Region of Alberta. Services may include individual or individual/group counselling.
- PACE Women's Drop-In Group (Tuesday Evenings 6:30 p.m. - 8:30 p.m.) The group provides confidential support, information and resources in a number of different areas including developing and maintaining healthy relationships, setting limits and boundaries, building confidence.
- Crisis Intervention Training Program - Provides Crisis Intervention training for front line workers. Training includes: Communication Skills, Crisis Intervention, Sexual Assault, Abuse, Suicide Intervention, and Self Care. PACE provides resources to support the administration of the Regional Critical Management Team, and participates as a team member as required.
- P.A.C.E. Public Education- P.A.C.E. provides workshops and speakers to community groups and agencies to address issues such as sexual assault, incest, communication skills, and crisis intervention.

Contact Information:

Address: #201 10118-101 Avenue,
Grande Prairie, AB, T8V 0Y2
Business Phone (office hours): (780) 539-6692
Email: pacegp@telus.net
Website: http://grandeprairie.aasac.ca/

Northeast Alberta: Region #9

Shelters for Abused Women

Unity House (Fort McMurray Family Crisis Society)
Emergency and second stage shelter for women with or without children seeking safety from abusive relationships. Supportive counselling is available to women and children in-house, as well as a women's group that is open to the community. Follow-up and outreach counselling are available. Shelter counsellors provide information, support, and referral as needed to help women safely transition back to the community. Unity House offers two batterer intervention groups per year.
Beds available - 21

Contact information:
Mailing address: Box 6165
Fort McMurray, AB T9H 4W1
Crisis phone: (780)-743-1190
Email: none
Website: none

Mikisew Cree First Nation Paspew House: Fort Chipewyan
Emergency shelter for women with or without children coming from abusive situations. Group programming for women is available both in-house and out of the shelter, as well as outreach counselling to those in the community. The shelter also provides information, support, and referral.
Beds available - 6

Contact information:
Mailing address: Box 90
Fort Chipewyan, AB T0P 1B0
Crisis phone : (780) 697-3323
Email: paspew@telusplanet.net
Website: none

Services to Address Sexual Assault/Abuse

Fort McMurray Sexual Assault Centre
The Fort McMurray Sexual Assault Program is part of the Fort McMurray Family Crisis Society.
Services include:

- Telephone or drop-in support and assistance designed to reduce both the incidence and trauma of sexual assault and assist in the survivor recovery. Emotional support is also available for families and friends of survivors.
- The Sexual Assault Program provides services to victims of sexual assault, recognizing the need for services for all family members both male and female.
- Individual counselling is available for children, teenagers, adults and elders. Both men and women can seek services at no cost.

- The Sexual Assault Program also offers group counselling.
- Education/Prevention services are available to the community.

Contact Information:

Address: PO Box 6165,
Fort McMurray, Alberta T9H 4W1
Crisis & Business Phone: (780) 791-6708
Email: sexualassault.couns@shawcable.com
Website: http://fortmcmurray.aasac.ca/